

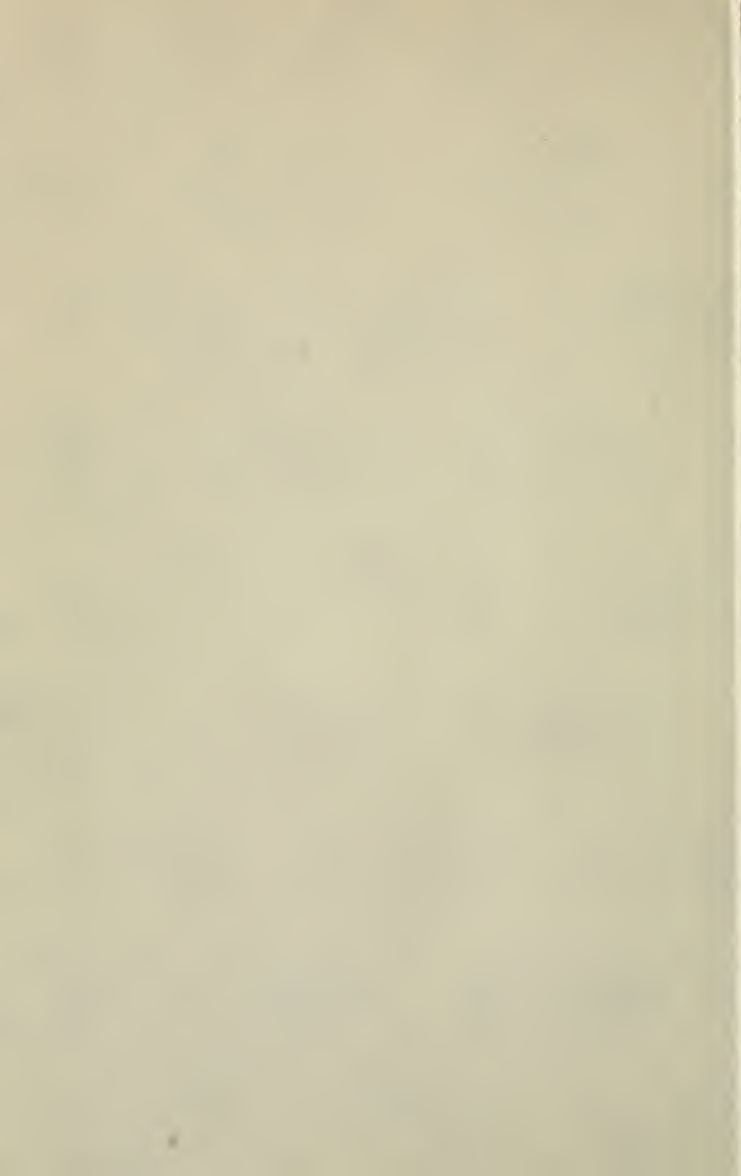
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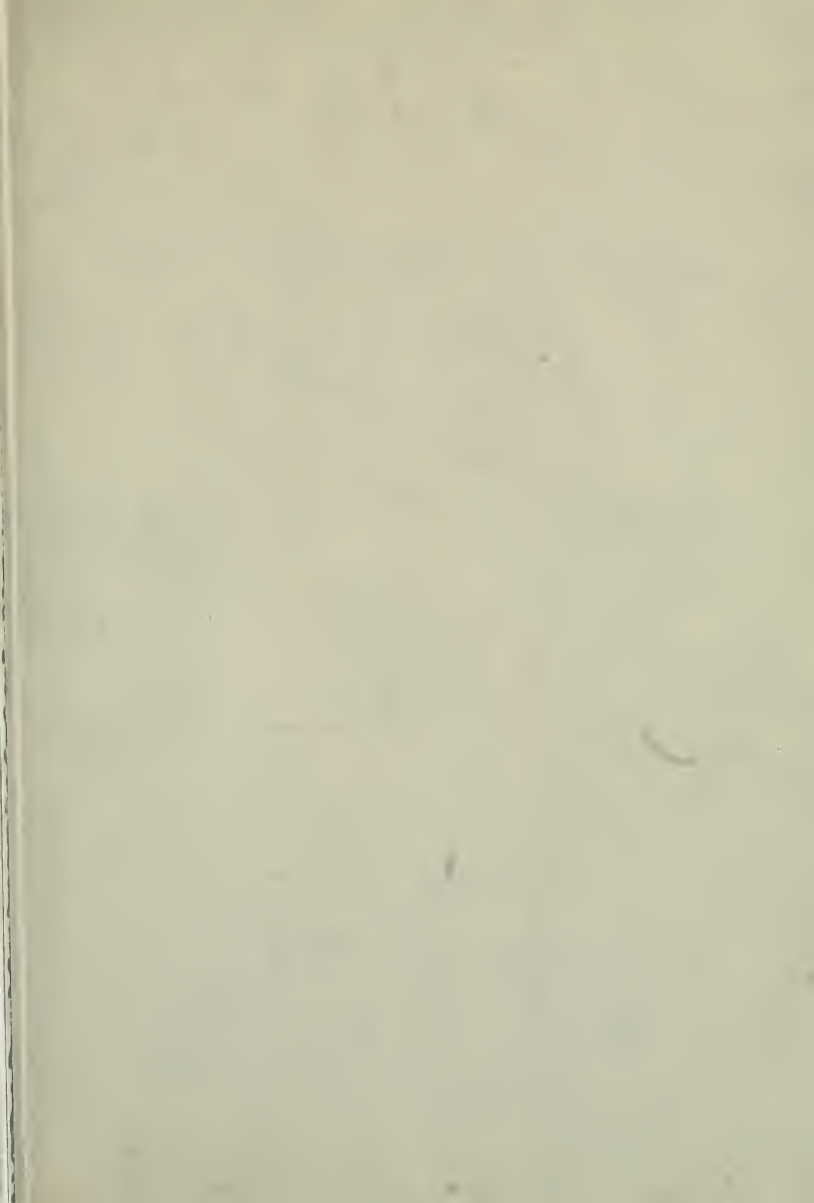
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Associations of North America.

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Acknowledgments

The rules governing the conduct of athletic events are the same as those of the Amateur Athletic Union, as heretofore, and are used through the courtesy of that body. This is true also of the rules on Water Polo, Wrestling and Boxing and Specifications for Official Implements.

Foreword

The Old *versus* the New Idea in Athletic Administration.

The Athletic League Handbook of 1913, which immediately preceded this issue of the book, announced a new idea in athletic administration. The plan was a radical departure from the older methods. It was considered by many at the time as an experiment. Practically all agreed that the principle was right, but many questioned the method. Two years of further testing have proven the value and the permanency of the new idea. The new idea and the new plan are no longer new, are no longer questioned to any great degree. In fact, the new point of view has taken hold; the older point of view is rapidly disappearing. Since the coming in of this new plan the old is gone forever. Athletics will never be the same in America since the new idea was born and the new methods developed.

What is the new idea and what is the old point of view? Let us restate it. The old view began with the national governing body and worked down to the local unit. The new view begins with the local unit and works up to the national governing committee. The old view emphasized national administration. The new view minimizes national government. The old view placed responsibility upon the national organization for government. The new view places the responsibility upon the local organization. The old view was autocratic. The new view is democratic. Under the old method a system of national registration and national sanctions and a national police system was necessary. Under the new method these are not essential, for the questions of eligibility and responsibility for maintaining standards of amateurism are placed on the local organization. Local organizations may adopt, if they desire, a registration system. The new view believes that the permanent institutions in the community, such as the college, school, social institution, church and Young Men's Christian Association, should be responsible for the proper administration of athletics—first, each in its own institution, and second, through co-operation and federation for the administration of athletics in the community. Federation, equal representation in management, local autonomy, so far as is practical, are the essential features of the new method of administration. The new method energizes and vitalizes the local agencies involved and places responsibility where it belongs and where it is most efficient.



HON. GEORGE D. PRATT,
Member Executive Committee Athletic League of Young Men's Christian
Associations of North America.

Davis & Sanford, Photo.

The Athletic League of the Young Men's Christian Associations of North America

The Athletic League was organized in 1895 upon authorization of the International Convention in response to the request of the physical directors of the local Associations.

In the beginning the ideal of the League was the all-round development of the individual. To this end the pentathlon was organized and assiduously promoted. An indoor test also was devised and athletes who desired to specialize in a given athletic event needed to pass a satisfactory test in either of these two events and in addition have a physical examination. Later this stringent test was discontinued, as the athlete could register for Amateur Athletic Union games without such requirement.

In 1896 the Athletic League, in order to avoid duplication in the registration of athletes, entered into alliance with the Amateur Athletic Union. The terms of the alliance included the recognition of the registration cards of the Athletic League of North America and the right of Associations to hold open games under the sanction of the Athletic League. The Athletic League paid to the Amateur Athletic Union ten cents on each registration card it issued to its members.

As the Association became a larger factor in community athletics, it found the individual registration system stringent and inadequate and actually a hindrance. The Amateur Athletic Union did not fully appreciate this situation and after repeated efforts to have the arrangements modified to meet the new conditions, the alliance was cancelled. This was in July, 1911.

From this period the Athletic League of North America made remarkable progress in adapting its legislation and rules to meet the existing conditions.

The changes made were most radical. An athletic platform was adopted as a basis of membership, the system of national registrations was dispensed with, sanctions also were not required, except for national games. The League was decentralized, the chief function being promotion and education rather than legislation. An amateur definition was adopted, which was unique in that it was the first time a positive definition of an amateur had been stated, all other definitions being negative, stating what an amateur was, not rather than stating what constituted an amateur.

The name of the Governing Committee was changed to that of Executive Committee. The membership fee was reduced to \$2.50. Associations could join as individual members or as a group, district or State members or federations, the latter preferred, so that the Associations could function through the existing State committees. While membership in the League is limited to Young Men's Christian Associations, such associations may enter into competitive relations with other agencies which endorse the amateur platform of the League or which adopt a platform equal in standard.

The plan is fundamentally social, co-operative and democratic. It seeks to place responsibility where it belongs, namely, upon those nearest to the problem, and to bring into leadership those best qualified to take such leadership. School men best know the athletic problem in schools; those who are leaders in church work know best the problem of relating athletics to the problem of church work; Association men know their problem better than outsiders. In such institutions as these just mentioned and others, athletics are simply a part of the programme of their work and not, as in athletic clubs, the whole programme. Consequently they are not as intense, not as highly specialized, not as complex. Therefore the matter of administration is different. The form of administration must be fitted to individuals affected and not the individuals to the form of administration.



GEORGE J. FISHER, M. D.,
Secretary Athletic League of Young Men's Christian Associations of North
America.

During these days of readjustment the leaders in Association athletics sustained a close relation to the Athletic Research Society. This Society was engaged in the scientific study of athletic administrative problems. The practical working out of many of the heretofore theoretical problems by the Athletic League was helpful to the Athletic Research Society in its endeavor to develop fundamental principles for the administration of athletics in general. This Society adopted an amateur platform of working principles. It endorsed the federation idea worked out so admirably in Chicago, and later at other points, and brought into being a National Federated Committee, made up of official representatives from more than a dozen national bodies dealing with sport. It adopted a positive definition of an amateur and also an honor code for athletes.

In the spring of 1915, as a result of the suggestion of the National Federated Committee, the Young Men's Christian Associations united with the Collegiate Athletic Association upon basket ball rules and this will be followed by co-operation in reference to rules for other sports, such as track athletics, swimming, etc.

All this simply records the passing of the old regime in the administration of athletics when the police system prevailed instead of the honor system and when the responsibility for right conduct in athletics was placed upon the athlete instead of the institution back of the athlete. The last few years represent a long step forward in the development of character-making athletics.



HERBERT L. PRATT,
New York.

J. T. KEMMERER,
New York.

MEMBERS EXECUTIVE COMMITTEE, A.L.N.A.

Constitution

OF THE

ATHLETIC LEAGUE OF THE YOUNG MEN'S CHRISTIAN ASSOCIATIONS OF NORTH AMERICA.

ARTICLE I.—NAME.

This organization shall be known as "The Athletic League of the Young Men's Christian Associations of North America."

ARTICLE II.—OBJECTS.

The objects of the League shall be:

SECTION 1. The maintenance of a high standard of Christian morality, honesty, courtesy and manliness in athletic sport.

SECTION 2. The furtherance of physical training.

SECTION 3. The institution, regulation and standardization of intra and inter-Association gymnastic, athletic and aquatic sports and games of all kinds.

SECTION 4. The securing and maintenance of a genuine amateur basis in Association sport.

SECTION 5. The provision of a clearing house for athletic information and a final court of appeal for the arbitration of disputes in reference to the interpretation of rules.

ARTICLE III.—MEMBERSHIP.

Membership in the League shall consist of such Young Men's Christian Associations or branches entitled to representation in the International convention of the Young Men's Christian Associations as shall join this League, as provided in the By-Laws.

ARTICLE IV.—GOVERNMENT.

SECTION 1. The supervision and general direction of the affairs of the League shall be vested in an Executive Committee, composed of the Physical Department Committee of the International Committee and three members at large selected by the committee. The senior secretary of the physical department of the International Committee shall be the secretary of the League. All the acts of the committee shall be subject to the approval of the International Committee.

SECTION 2. The Executive Committee shall at its annual meeting elect a Chairman, Vice-Chairman and Treasurer.

SECTION 3. The term of office shall be for one year, or until their successors are elected.

SECTION 4. Five members of the Executive Committee shall constitute a quorum and have power to transact business.

ARTICLE V.—REGULAR COMMITTEES.

The Chairman of the Executive Committee shall annually appoint:

(a) A Reinstatement Committee.

(b) A Records Committee.

(c) Such other committees as may be essential to the conduct of the affairs of the League.

ARTICLE VI.—ANNUAL MEETING.

The annual meeting of the Executive Committee shall be held in January.

ARTICLE VII.—AMENDMENTS.

No amendments shall be made to this Constitution except at a regular meeting of the Executive Committee and by a two-thirds vote of the members voting, mail votes counting. All proposed amendments shall be submitted in writing by the Secretary of the Executive Committee at least thirty days previous to the meeting, to all the Associations in the League for a mail vote. Two-thirds majority of those voting shall be necessary to carry the amendment. He shall also send a copy to each member of the Executive Committee at least fifteen days before the meeting. No amendment may be made without the final approval of the International Committee.



C. T. KILBOURNE,
New York, N. Y.



DR. W. H. DONALDSON,
Fairfield, Conn.



J. W. ROSS,
Montreal, Can.

MEMBERS EXECUTIVE COMMITTEE A.L.N.A.

By-Laws

SECTION 1. *Athletic Platform.*

PRINCIPLES.

We recognize in athletics, when wisely directed

(a) A form of supplementary physical training for the development of bodily vigor.

(b) A great educational force, developing the co-ordination of the muscular and nervous systems and contributing quick motor reactions, muscular skill and precision.

(c) An excellent means of teaching social ethics, of establishing right social relationships and social co-operation, and of satisfying the play instinct.

(d) A means for the development of character, through self-control, temperate living and fair play.

WE DO NOT FAVOR,

(a) The placing of emphasis upon prize-giving or prize-winning and believe these should be secondary and incidental.

(b) Any form of commercialism, through bribes or special honoraria offered as inducements to men to compete or demanded by them for competing.

(c) The recruiting of athletes by one organization from another.

(d) That high degree of specialization in athletics which interferes with the harmonious development of the bodily functions.

(e) That practice in competition which leads to excesses and undue nervous expenditure or which results in a state of mind not in keeping with true sportsmanship.

AMATEUR DEFINITION.

An amateur athlete is one who participates in competitive gymnastics or athletics for pleasure only and for the physical, mental, moral and social benefits directly derived therefrom. A professional in athletics is a person who promotes or participates in gymnastics or athletics for any other purpose than the above.

The term professional is here used to include both the *bona fide* and the petty or technical professional.

*Application of the Definition.**

A. *Violations which Make an Amateur a Professional.*

1. Teaching or coaching professional athletes for pay.
2. Competing under salary or for a fee.
3. Competing for a cash prize or for a staked bet.

A professional shall be reinstated only in very unusual cases when in the judgment of the governing body the best interests of both the individual and amateurism can be furthered by such action. In no case shall reinstatement take effect within one year after violation. A professional shall not be reinstated a second time.

B. *Violations which Disqualify an Amateur for Financial or Mercenary Reasons.*

4. Competing for or accepting inducements other than approved medals or trophies.
5. Competing for or accepting reimbursement exceeding actual expenses involved as a competitor.
6. Competing for or accepting any share of gate receipts.

* This application is recommended by the Athletic Research Society and has been adopted by the A.L.N.A.



S. B. THORNE,
Philadelphia, Pa., Member Executive Committee
A. L. N. A.



BAYARD H. CHRISTY,
Pittsburgh, Pa., Member Executive Committee
A. L. N. A.

7. Disposing of prizes for personal gain.
8. Betting upon a contest in which the bettor is a participant.

C. *Violations which Disqualify an Amateur for Moral Reasons.*

9. Competing under an assumed name.
10. Misrepresenting facts regarding eligibility, ability or performance.

D. *Technical Violations which Disqualify an Amateur.*

11. Competing with or against professionals or disqualified athletes for a prize or in open competition.

Note. Permission may be granted by the governing body to allow amateurs to compete *against* professionals on special occasions. Under no circumstances will amateurs be allowed to play on the same team with professionals.

12. Promoting or officiating at professional contests.

Note. Except as provided for in preceding note.

13. Promoting amateur contests for personal gain.

Note. This does not apply to institutions, organizations or teams when the proceeds are devoted to the uses of the organization and not to the personal benefit of the team or individuals.

14. Being a party to any attempt to induce an amateur to dishonorably violate his standing as an amateur.

Reinstatement for violations 4 to 14 inclusive should be the exception rather than the rule, and should never become effective within *six months* after the violation. The nature and seriousness of the violation, the age, intelligence and deliberation of the athlete and the effect of the action of the governing body both upon the individual and upon amateur sport in general should be the determining factors. Only in unusual cases should a disqualified amateur be reinstated a second or third time.

E. *Violations which Make an Amateur a Non-competing Amateur.*

Teaching or supervising, for pay, amateur athletics or physical education in an institution, organization, club, playground, etc.

Note. See definition and reinstatement of non-competing amateur.

III. *Definition of a Non-competing Amateur.*

In justice to the rapidly increasing number of men who, because of their interest in athletics from an educational standpoint, devote all or part of their time as physical directors, school teachers, coaches, playground directors, church and settlement workers, etc., the following definition was adopted:

"A non-competing amateur athlete is one who has maintained his standing as an amateur in all other respects, except that he has been engaged for pay as an instructor in *amateur* athletics."

From all sides the spirit of the definition suggested has been most heartily approved. The injustice of classing men who are devoting their lives to the promotion of clean, wholesome amateur sport from the highest motives with out and out professionals is apparent to all. Not that professionals are in any sense less honorable in any way, but it is manifestly unfair to classify as professionals those who are doing their utmost to stem the tide of professionalism in so far as it lowers the standards of the true amateur principle.

The purpose of the proposed definition is to place all those who are truly amateur at heart and in conduct, but who are receiving remuneration for their services in promoting, supervising or teaching amateur athletics, in a class to be known as non-competing amateurs.

Reinstatement of Non-competing Amateurs.

To make it possible for individuals who wish to retain their amateur standing to engage as instructors in playground work and other forms of educational play and athletics for a part of their time, the following is suggested:



1, John Brown, Jr., M.D., Secretary International Committee Y.M.C.A. and Secretary Canadian Y.M.C.A. Athletic League. 2, W. H. Ball, Secretary International Committee of Young Men's Christian Associations.

"Amateurs who wish to teach for pay as indicated in the first paragraph of this section without permanent loss of amateur standing must secure permission so to teach as 'non-competing amateurs' before entering upon their duties. A man who has become a 'non-competing amateur' by reason of such teaching and who wishes to be reinstated to full amateur standing must file his application for reinstatement immediately upon the termination of the time named in the application for permission to teach. This application for reinstatement must be accompanied by an affidavit to the effect that the applicant has maintained his standing as an amateur in all other respects except that he has been engaged for pay as instructor as specified in the application which was granted for permission so to teach and that no special opportunities were afforded or utilized for him to acquire greater skill along the lines in which he wishes to compete."

"Permission to teach as a 'non-competing amateur' and reinstatement to full amateur standing at the termination of the period specified may be granted more than once at the discretion of the proper authorities in charge of amateur athletics."

The question of the reinstatement of non-competing amateurs who have devoted their entire time for a period of years to the teaching or supervision of physical education is not so easily settled. Unquestionably there are many physical directors who could be reinstated after a year's retirement from their chosen career without working any hardships on those with whom they may later compete. On the other hand, there is a much larger number of younger men who come under the class of non-competing amateurs in that they are amateurs in every sense except that they are teaching amateurs for pay. But they are men possessing unusual skill, which is their primary motive in choosing their profession. Furthermore, the very nature of their work gives them added advantages to increase their proficiency. In such cases it is not quite so easy to pass upon the advisability of their reinstatement to full amateur standing. This is particularly true of those who have been engaged primarily to *coach* the various sports in colleges, secondary schools and clubs, and who devote a large part of their time to actual work and training.

There are those who are absolutely opposed to any reinstatement of non-competing amateurs who have been engaged for full time. There are also a considerable number who favor reinstatement when, in the judgment of the governing body, the individual in question has not gained unusual skill because of any special advantages afforded by the nature of his work or the terms of his engagement, and when in the judgment of the governing body the best interests of both the man and amateur athletics may be furthered by his reinstatement.

For this reason the following is suggested for consideration:

"A non-competing amateur may be reinstated after a period of one year has elapsed since he last taught for pay. The application for reinstatement must be accompanied by an affidavit to the effect that the applicant has maintained his standing as an amateur athlete in all other respects except that he has been engaged for pay as an instructor in amateur athletics, and that he has not taught for pay during the past year, and that he does not expect to teach for pay again. Furthermore, the governing body must be of the opinion that the athlete has not acquired unusual skill because of advantages afforded or utilized by the nature of his work or terms of his engagement and that the best interests of both the man and amateur athletics will be furthered by his reinstatement. A non-competing amateur shall be reinstated once only except as provided in the preceding statement."

SECTION 2. *Spirit of the League.*

The League endeavors to foster clean sport between gentlemen.

The following statements express the spirit to be sought and maintained in such sport. It is the privilege and duty of every committeeman and person connected with the League to embody these principles in his own actions and to earnestly advocate them before others:

(1) The rules of games are to be regarded as mutual agreements, the spirit or letter of which one should no sooner try to evade or break than one would any other agreement between gentlemen. The stealing of an

advantage in sport is to be regarded in the same way as stealing of any other kind.

(2) Visiting teams are to be honored guests of the home team, and all their mutual relationships are to be governed by the spirit which is understood to guide in such relationships.

(3) No action is to be done nor course of conduct pursued which would seem ungentelemanly or dishonorable if known to one's opponents or the public.

(4) No advantages are to be sought over others, except those of superior skill in the playing of the game.

(5) Advantage should not be taken of the laxity of officials in interpreting and enforcing rules.

(6) Officers and opponents are to be regarded and treated as honest in intention. When opponents are evidently not gentlemen, and officers manifestly dishonest or incompetent, future relationships with them may be avoided.

(7) Decisions of officials are to be abided by, even when they seem unfair.

(8) Ungentelemanly or unfair means are not to be resorted to even when they are used by opponents.

(9) Good points in others should be appreciated and suitably recognized.

SECTION 3. *Admission to Membership.*

(1) Any Association eligible to membership, and which will adopt the Amateur Platform of the League, thus pledging to conduct its competitions in harmony with the principles therein laid down, will be admitted upon written application (on form provided) to the Secretary of the League, accompanied by the membership fees. (See Article III of the Constitution.)

(2) The membership fee shall be two dollars and fifty cents, payable in advance, and shall constitute the first year's dues.

(3) The annual dues shall be two dollars and fifty cents, payable at the beginning of each year of membership.

(4) Failure to pay the annual fee on or before one year and one month from the entrance of any Association into the League shall be considered a withdrawal from the League, and a renewal of membership shall be given only on the basis of new membership.

SECTION 4. *Conditions of Competition. (Associations.)*

(1) Associations which are members of this League may compete with each other without the necessity of individual registration.

(2) Such Young Men's Christian Associations as are members of the League may participate with all other organizations, clubs, teams or federations of whatsoever character which in like manner subscribe to this platform or adopt a platform similar in principle. Those organizations, teams or federations which will not subscribe to this platform, or adopt a platform similar in principle and practice these principles in competition, will not be eligible for competition with Young Men's Christian Associations in this League, except that

(3) Wherever individual organizations exist which may be identified with a reputable and responsible athletic governing body, such as the Amateur Athletic Union of the United States, an Intercollegiate Athletic Association, a Public Schools Athletic League, an Interscholastic Athletic Association, an Inter-Settlement Athletic organization, or a Sunday School Athletic League, Associations in this League may participate with such organization.

(4) Where individuals, teams or clubs exist which are not related to a federation, league or reputable and responsible athletic governing body, agreements may be made in writing with such individuals, teams or clubs for a single competition or series of competitions in accordance with the provisions of Rule 2 of this section. Such agreements, however, should not be repeated if it is indicated that such teams or clubs do not maintain the standards agreed to in all their competition. Printed agreements for this purpose are furnished by the League.

(5) All extension work—i. e., athletic work promoted outside the immediate membership of the local Association which is initiated and under

the control and direction of an Association which is a member of the League may be considered a part of the Association membership.

SECTION 5. *Conditions of Competition. (Individuals.)*

(1) No one shall be eligible to compete in any athletic meeting, games, or entertainment given by any Association in the League unless he shall be a member of the organization from which he enters, and shall not have competed from any other organization during a period of ninety days next preceding such entry; nor shall any member of any Association in the League or any Association in any federation in the League be allowed to compete as a representative of such Association in case he has within one year competed as a member of any other organization, except with the consent of such other organization, which consent shall be filed with the Executive Committee of his federation prior to such competition, unless such other organization shall have disbanded or practically ceased to exist; provided that the requirements of this section shall not apply to any closed athletic meeting, games or entertainment, the entries to which are confined to the organization giving such meeting or entertainment.

(2) Associations shall have been members of the League for not less than thirty days to make entry for championship or record events.

(3) Athletes must be *bona fide* members of the Association which they represent and have been such for not less than thirty days preceding the events entered.

(4) No individual shall be permitted to represent any Association in which his membership fee is in arrears.

(5) No member of an Association in the League shall be allowed to represent that Association if he has within one year represented any other affiliated organization, unless the consent of that organization be secured in writing, in which case ninety days must have elapsed since he represented the Association or organization from which he has been released.

(6) A student attending a university, college or other educational institution may during his vacation represent a Young Men's Christian Association.

(7) Any person receiving compensation for services performed in any capacity in an Association will be ineligible to represent that Association under the rules of the A. L. N. A. until he shall have permanently abandoned such employment. He is eligible, however, to represent some other organization.

SECTION 6. *Expulsions, Suspensions, etc.*

(1) Any Association a member of this League violating the Constitution or By-Laws of the League shall be dropped from membership in the League.

(2) Any Association a member of this League that may withdraw, be suspended or expelled from the League shall return to the proper committee any emblems or trophies that may be in its possession but have not become its permanent property.

(3) The League holds the local Young Men's Christian Association responsible for the conduct of its athletes. The League does not deal with the individual athlete except in reference to applications for reinstatement, and then only upon recommendation of the Association with which the applicant for reinstatement is related.

(4) Individuals competing in games not held under the conditions provided in the By-Laws disqualify themselves for further competition until reinstated.

(5) Any individual who, while a member of an Association in this League, participates in public athletic games on Sunday, shall be ineligible to compete in games held under League sanction for one year.

SECTION 7. *Reinstatements.*

(1) No individual who, at any time since the organization of either the Amateur Athletic Union or the Association Athletic League, has knowingly and intentionally become a professional, shall be reinstated as an amateur.

(2) No application for full amateur status shall be entertained unless the applicant shall have abstained from all professional conduct for at least one year.

(3) Reinstatement for other than professionalism may be made by District, Section, or State federations.

(4) All applications for reinstatement must be made on the official reinstatement blank, which may be had upon application to the secretary of the League.

(5) No application for reinstatement will be considered unless it is approved and signed by the Physical Director or General Secretary of the Association of which the applicant is a member.

(6) The Executive Committee alone has power to reinstate for professionalism.

(7) The above relates only to inter-Association competition, and only to Association athletes.

SECTION 8. *Protests.*

(1) Protests affecting the right of any athlete to compete in an Athletic League championship meeting must be made to the chairman of the committee in charge of the championship one week before the championship meeting is held. The committee shall hold a meeting the night preceding the championships and, if possible, pass upon the athlete's right to compete. The committee shall have power to reject any entry, and the committee shall also have power to allow an athlete to compete under protest pending trial by the committee.

(2) Protests affecting the amateur standing of any athlete may be made at any time. Protests shall be made in writing and to the District, State or Section Federation, where these exist, or in their absence direct to the Executive Committee of the Athletic League, accompanied by a complete statement of the offence and giving information as to where the facts may be obtained.

Nothing in this rule shall be so construed as to make a man a professional who has played on a college team composed wholly of amateurs against a team composed wholly of professionals, except in basket ball.

SECTION 9. *Novices.*

(1) An athlete shall be considered a novice in each of the following classes until he shall have won a prize in a competition in that class open to members of two or more organizations, namely, running events, weight events, jumping events, vaulting events, climbing events, gymnastics and swimming.

(2) The winning of such a prize shall prevent his future competition as a novice in that class, although his entry may have been made before he lost his standing as a novice.

(3) Relay races are running events; but, inasmuch as the race is won by the team and not the individual, the winning of a place in a relay race does not put the runner out of the novice class.

SECTION 10. *Prizes.*

(1) No money prize shall be given. No prizes shall be given by an individual, committee or Association, or competed for, or accepted by any athlete, except suitably inscribed wreaths, diplomas, banners, badges, medals, time-pieces, mantel ornaments, or articles of jewelry, silverware, table or toilet services, unless authorized by the Executive Committee of the League.

(2) No individual prize shall be given of over fifteen dollars in value unless authorized by the Executive Committee of the League.

(3) Team championship emblems shall be the property of the Association, not of the men winning them.

SECTION 11. *Athletic Records.*

(1) Records of the best performances in the following events will be accepted under the conditions specified at the end of the list:

OUTDOOR OR INDOOR EVENTS.

WEIGHTS.

8-lb. shot.

12-lb. shot.

16-lb. shot.

OUTDOOR EVENTS.

12-lb. hammer (without turn).

16-lb. hammer (without turn).

12-lb. hammer (with turn).

16-lb. hammer (with turn).

Discus (free style).

Discus (Greek style).

SWIMMING.

20 yards swim.

75 yards swim.

220 yards swim.

25 yards swim.

100 yards swim.

300 yards swim.

50 yards swim.

200 yards swim.

440 yards swim.

880 yards swim.

1 mile swim.

Standing plunge for distance.

Plunge and underwater swim for distance.

Relay racing.

Water polo.

SKATING.

100 yards.

440 yards.

1 mile.

220 yards.

880 yards.

2 miles.

300 yards.

1000 yards.

5 miles.

Figure skating.

OUTDOOR OR INDOOR EVENTS.

RUNNING.

50 yards dash.

220 yards dash.

1320 yards run.

75 yards dash.

300 yards dash.

1 mile run.

100 yards dash.

440 yards run.

2 mile run.

150 yards dash.

880 yards run.

5 mile run.

RELAY RUNNING (4 MEN).

440 yards.

880 yards.

1 mile.

2 miles.

OUTDOOR EVENTS.

120 yards hurdle.

220 yards hurdle.

INDOOR EVENTS.

20 yards dash.

40 yards dash.

60 yards dash.

440 yards potato race.

8 potato race.

Relay potato race.

OUTDOOR OR INDOOR EVENTS.

JUMPING.

Standing broad jump.

Standing high jump.

Two standing broad jumps.

Running high jump.

Three standing broad jumps.

Running broad jump.

Standing hop, step and jump.

Pole vault for height.

Pole vault for distance.

INDOOR EVENTS.

Running high jump from springboard.

Snap under bar for distance.

Running high dive.

Snap under bar for height.

Running high dive from springboard.

Fence vault.

Running long dive.

Ring vault.

Running high kick.

Rope vault.

Double kick.

Rope climb.

Running hitch and kick.

(2) The League will recognize as official all records made by Association athletes in the games of a local Association or in inter-Association games, or in games held under the direction of some reputable governing body. A record made by a scratch man in a handicap event will be recognized by the League. A record made by a handicap man in a handicap event will be recognized if he exceeds in point of actual distance or height the prevailing record. Applications for records must be made within ten days after the date of competition. Certified scores on the official blank must be sent to the Secretary of the Executive Committee of the Athletic League, 124 East 28th St., New York City, not later than thirty days after the date of competition.

Blanks will be furnished by the Executive Committee. These records will then be filed and published as the records of that Association.

The best in each district shall be the district records; the best in each State, the State records; the best in each section, the section records; the best on record shall be the National record. Indoor running records must specify the number of laps to the mile of the track on which the record was made. No performance which record is of time shall be accepted as a record unless timed by at least three official timekeepers; and no performance which record is of distance or height shall be accepted unless measured by at least three field judges. The Executive Committee shall investigate every performance to which their attention is called, and shall be empowered in their discretion to reject any record.

(3) The conditions of competition must have been complied with, both by the individual and the Association of which the individual is a member. (See Section 7.)

The Association must have been a member of this League not less than thirty days.

(4) *Individual Championships.* Committees shall make arrangements for championships in their territory in such events and at such times and places as they may deem wise.

(5) *Athletic Team Championships.* In competitions between Associations in outdoor events, the League recognizes that Association as champion whose team scores the greatest number of total points, 5 being given to the first in each event, 3 to second, and 1 to third. Except where some other plan of scoring has been agreed upon in advance.

Certified score must be sent by the Secretary of the committee under whose auspices the games were held to the Secretary of the Executive Committee. Athletes must all have qualified. Conditions outlined in Section 4 of these By-Laws shall have been complied with.

(6) *All-Round Champions.* The League will recognize District, State, Section and American championships in the Pentathlon. The score must have been made at games held in conformity to the official Pentathlon rules of the Executive Committee. Duly certified score must be sent to the Secretary of the Executive Committee.

SECTION 12. *Amendments.*

Amendments to these By-Laws may be made by the Executive Committee only. No action can be taken at a meeting of the Executive Committee involving a change in the By-Laws unless 30 days' notice be given to the Secretary of the League by those proposing such change and that one week's notice be given by the Secretary to the Executive Committee, and to the Associations in the League.

JURISDICTION.

The League claims jurisdiction over all sports promoted by the Young Men's Christian Association,

APPLICATION FOR RECORD ATHLETIC LEAGUE OF THE

YOUNG MEN'S CHRISTIAN ASSOCIATIONS OF NORTH AMERICA

124 East 28th Street, New York.

NOTE.—All applications for records must be signed by either three field judges, three measurers or three official timers and the referee. Each official signing must be sure that all measurements are accurate and that section 11 of the By-Laws of the Athletic League is fully complied with.

Record applied for (state whether National, Section or State).

	National Indoor (Event)	
	National Outdoor	“
.....	Section Indoor	“
.....	Section Outdoor	“
.....	State Indoor	“
.....	State Outdoor	“

Competitor's name.....

Member of..... Association.

Is Association member of Athletic League?.....

Date of competition.....

Where held (city or field).....

Time..... Distance..... Height.....

Present record (National)..... (Section)..... (State).....

The track measures..... number of laps to the mile

Condition of Track..... Weather.....

Length of swimming pool.....

Was the special rule for this event (Rule No.....)

complied with?.....

Remarks

I personally know that all of the above statements are correct.

(Signed)..... acting as.....

address

(Signed)..... acting as.....

address

(Signed)..... acting as.....

address

(Signed)..... (Referee)

address

This application for record is approved by: (Not to be filled in by local Association).

.....	Date.....	} Records Committee.
.....	“	
.....	“	

Associations which are Members of the Athletic League

May 1, 1915.

CENTRAL SECTION.

Illinois—Aurora, Bloomington, Athletic Association of Y. M. C. A. College, Chicago; Chicago (Central), Chicago (Division Street), Chicago (Hyde Park), Chicago (Sears Roebuck), Chicago (West Side), Evanston (Central), Evanston (Emerson Street), Peoria, Rock Island.

Indiana—Auburn, Crawfordsville, Evansville, Gary, Indianapolis, Kokomo, LaFayette, Muncie, Richmond, South Bend, Vincennes.

Iowa—Council Bluffs, Davenport, Des Moines, Ottumwa.

Kansas—Lawrence, Salina, Topeka.

Kentucky—Louisville.

Michigan—Battle Creek, Bay City, Detroit, Flint, Jackson, Lansing.

Minnesota—Duluth, Minneapolis, St. Paul.

Missouri—Kansas City, St. Joseph, St. Louis (Central).

Nebraska—Fremont, Grand Island, Lincoln, Omaha.

North Dakota—Fargo, Grand Forks.

Ohio—Bucyrus, Canton, Cleveland (Central), Cleveland (East End), Cleveland (West Side), Columbus, Dayton, East Liverpool, Elyria, Findlay, Fostoria, Hamilton, Newark, Springfield, Toledo.

Wisconsin—Milwaukee.

EASTERN SECTION.

Delaware—Wilmington.

District of Columbia—Washington.

Maryland—Baltimore (Central).

New Jersey—Asbury Park, Montclair, Morristown, Newark, Orange, Paterson, Plainfield, Summit.

New York—Albany, Amsterdam, Auburn, Batavia, Binghamton, Brooklyn (Bedford), Brooklyn (Central), Brooklyn (Eastern District), Brooklyn (Greenpoint), Brooklyn (Navy), Brooklyn (Prospect Park), Brooklyn (26th Ward), Buffalo (Central), Buffalo (Genesee Street),; Buffalo (West Side), Dutchess County, Geneva, Gloversville, Hornell, Ithaca, Johnstown, Kingston, Lockport, Newburgh, New York (East Side), New York (Harlem), New York (Railroad), New York (Union), New York (Washington Heights), New York (West Side), New York (Young Men's Institute), Olean, Poughkeepsie, Rochester, Schenectady, Syracuse, Utica, Watertown.

Pennsylvania—Chester, Erie, Franklin, Philadelphia (Railroad), Philadelphia (West), Pittsburgh (Central), Pittsburgh (East Liberty), Pittston, Sewickley, Warren, Wilkes-Barre.

NORTHEASTERN SECTION.

Connecticut—Bridgeport, Derby, Hartford, Meriden, New Britain, New Haven, New London, Stamford, Waterbury.

Maine—Portland.

Massachusetts—Abington, Attleboro, Boston, Cambridge, Fall River, Lowell, Lynn, New Bedford, Newton, Pittsfield, Salem, Somerville, Springfield, Worcester.

Rhode Island—Newport, Newport (Army and Navy), Pawtucket, Providence, Woonsocket.

PACIFIC SECTION.

California—Sacramento, San Diego, San Francisco.

PACIFIC NORTHWEST SECTION.

Oregon—Portland, Salem.

Washington—Bellingham, North Yakima, Seattle, Spokane, Tacoma, Walla Walla.

SOUTHERN SECTION.

Florida—Jacksonville.

Georgia—Athens, Atlanta, Columbus, Macon, Savannah.

North Carolina—Asheville, Charlotte.

South Carolina—Charleston, Columbia, Spartanburg.

Tennessee—Memphis.

Virginia—Norfolk (Navy), Richmond.

SOUTHWESTERN SECTION.

Louisiana—New Orleans.

Texas—Dallas, El Paso, Fort Worth, Houston.

WESTERN SECTION.

Colorado—Denver.

Montana—Billings.

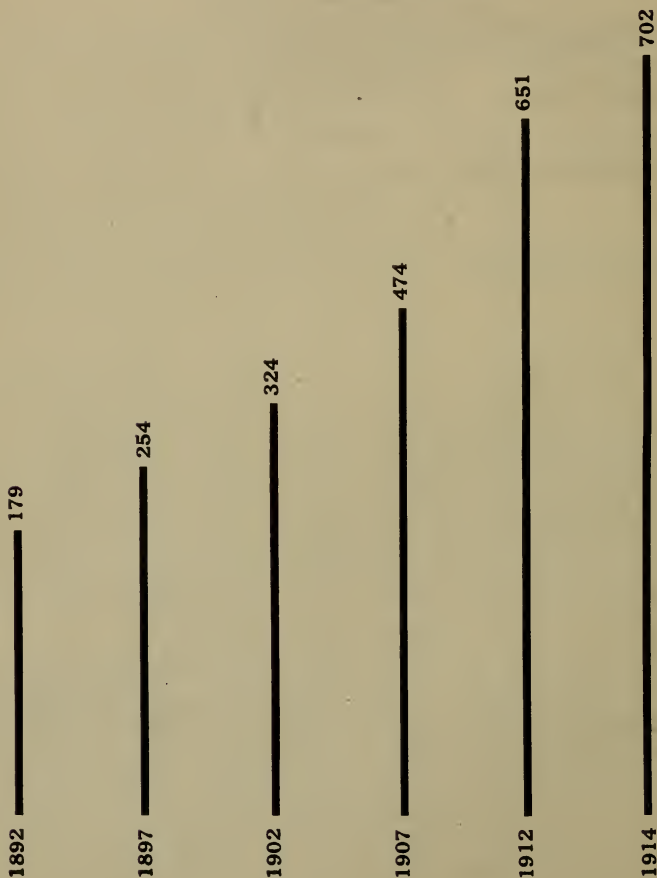
FOREIGN.

Porto Rico—San Juan.

South America—Buenos Aires.

Progress in Supervision

GROWTH IN NUMBER OF PHYSICAL DIRECTORS IN
THE YOUNG MEN'S CHRISTIAN ASSOCIATIONS
IN FIVE-YEAR PERIODS



Growth in Athletic Interest in the Y. M. C. A.

1906-1907.

152	Associations report	5,224	athletic teams with 34,984 members.
248	Associations report	5,192	matched games with outside teams.
145	Associations report	46,489	touched by extension work.

1907-1908.

176	Associations report	6,814	athletic teams with 51,228 members.
297	Associations report	7,917	matched games with outside teams.
65	Associations report	127,797	touched by extension work.

1908-1909.

93	Associations report	8,001	athletic teams with 57,016 members.
59	Associations report	9,123	matched games with outside teams.
27	Associations report	194,425	touched by extension work.

1909-1910.

17	Associations report	8,721	athletic teams with 64,089 members.
70	Associations report	14,404	matched games with outside teams.
79	Associations report	244,810	touched by extension work.

1910-1911.

30	Associations report	9,924	athletic teams with 74,973 members.
64	Associations report	13,952	matched games with outside teams.
89	Associations report	356,014	touched by extension work.

1911-1912.

93	Associations report	11,790	athletic teams with 86,262 members.
66	Associations report	15,015	matched games with outside teams.
09	Associations report	448,144	touched by extension work.

1912-1913.

69	Associations report	10,101	athletic teams with 89,463 members.
09	Associations report	15,673	matched games with outside teams.
35	Associations report	323,919	touched by extension work.

1913-1914.

15	Associations report	13,230	athletic teams with 80,327 members.
83	Associations report	14,029	matched games with outside teams.
87	Associations report	358,947	touched by extension work.

FORM OF AGREEMENT

For use by Young Men's Christian Associations which are
Members of the Athletic League of Young Men's
Christian Associations of North America in
Arranging Games or Contests with Or-
ganizations which are not related
to any Governing Body.

To the Manager of the.....

The Young Men's Christian Association of.....
is a member of the Athletic League of Young Men's
Christian Associations of North America and has signed
the platform of that League which contains the amateur
definition printed on the opposite side of this blank, and
by so doing has pledged to conduct its athletics in har-
mony with that definition and cannot have athletic rela-
tions with any agency which is not willing to adopt the
same standard. Your signature to this agreement places
you on record as approving the amateur definition referred
to and is a declaration to the effect that the athletes or
teams you represent are amateurs according to this
standard.

Your signature to this agreement gives said Young
Men's Christian Association the privilege of competition
with the organization you represent during the time cov-
ered by the agreement, unless the same is violated, which
violation annuls the agreement and privilege of competition.

Signed by..... Signed by.....

For the..... For the Y.M.C.A. of.....

For the period extending from.....to.....191..

(Opposite side of card.)

AMATEUR DEFINITION.

An amateur athlete is one who participates in competi-
tive gymnastics or athletics for pleasure only and for the
physical, mental, moral and social benefits directly derived
therefrom. A professional in athletics is a person who
promotes or participates in gymnastics or athletics for any
other purpose than the above.

Date of Registration

GAMES REGISTRATION

OF THE

Young Men's Christian Association

City

Member Athletic League of Young Men's Christian
Associations of North America

*This certifies that**Mr.*
of this Association has declared he is an amateur
according to the definition on the opposite side of
this card, and is entitled to enter competitive events
*under name of this Association.**Signed*

[Opposite of Card.]

Amateur Definition.

An Amateur athlete is one who participates in competitive gymnastics or athletics for pleasure only and for the physical, mental, moral and social benefits directly derived therefrom. A professional in athletics is a person who promotes or participates in gymnastics or athletics for any other purpose than the above.

Sections, Districts, States of the League

For the purpose of establishing and recording District, State or Section records the following division of territory is made :

SECTIONS.

Central. Including Iowa, Indiana, Illinois, Kentucky, Michigan, Minnesota, Missouri, Nebraska, Ohio, Wisconsin.

Eastern. Including Delaware, District of Columbia, Maryland, New Jersey, New York, Pennsylvania, West Virginia.

Northeastern. Including Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont.

Pacific. Including Arizona, California, Nevada, Utah.

Pacific Northwest. Including Idaho, Oregon, Washington.

Southern. Including Alabama, Florida, Georgia, Mississippi, North Carolina, South Carolina, Tennessee, Virginia.

Southwestern. Including Arkansas, Indian Territory, Louisiana, Oklahoma Territory, Texas.

Western. Including Colorado, Kansas, Montana, North Dakota, South Dakota, Wyoming.

DISTRICTS.

Philadelphia. Including Southern New Jersey, Eastern Pennsylvania, Delaware, Maryland and District of Columbia.

Western Pennsylvania. Including Pittsburgh and vicinity and Northeastern Ohio.

Southern California. Including all the cities in this region.

Northern California. Including all the cities in this region.

STATES.

All the States in the Union.

Such other natural groupings of Associations will be recognized by the League as may be desired by the Associations involved upon application to the Executive Committee.

A. L. N. A. Official List

EXECUTIVE COMMITTEE.

WM. M. KINGSLEY, Chairman	45 Wall Street, New York.
GEORGE J. FISHER, M.D., Secretary.....	124 East 28th Street, New York.
GEORGE D. PRATT	Albany, N. Y.
HERBERT L. PRATT.....	26 Broadway, New York.
CHAS. T. KILBORNE	74 Broadway, New York.
JOHN L. KEMMERER	143 Liberty Street, New York.
S. B. THORNE	17 Battery Place, New York.
BAYARD H. CHRISTY	Pittsburgh, Pa.
W. H. DONALDSON, M.D.	Fairfield, Conn.
JOHN W. ROSS	Montreal.

DELEGATES AND ALTERNATES TO A. A. U. OF CANADA.

Delegates.

JOHN BROWN, JR., M.D.
 GEORGE D. PRATT.
 GEO. J. FISHER, M.D.

Alternates.

C. T. KILBORNE.
 JOHN W. ROSS.
 JOHN L. KEMMERER.

REPRESENTATIVE ON BOARD.

JOHN BROWN, JR., M.D.

DELEGATE TO THE Y. M. C. A. ATHLETIC LEAGUE OF CANADA.

JOHN BROWN, JR., M.D.

RECORDS COMMITTEE.

PAUL C. PHILLIPS, M.D., Amherst College, Amherst, Mass.
 C. T. KILBORNE, 74 Broadway, New York City.
 G. A. SELLAR, 557 W. Quincy Street, Chicago, Ill.

REINSTATEMENT COMMITTEE

J. H. McCURDY, M.D., Y. M. C. A. College, Springfield, Mass.
 S. B. THORNE, 17 Battery Place, New York City.
 GEORGE J. FISHER, M.D., 124 East 28th Street, New York City.

ARTICLES OF ALLIANCE

BETWEEN THE

ATHLETIC LEAGUE OF YOUNG MEN'S CHRISTIAN
ASSOCIATIONS OF NORTH AMERICA

AND THE

CANADIAN AMATEUR ATHLETIC UNION

I. At all meetings of the Canadian Amateur Athletic Union the Athletic League of Young Men's Christian Associations shall be entitled to representation by not more than three delegates, or duly elected alternates of such delegates, having, collectively, one vote.

II. From among these delegates one shall be chosen to be a member of the Board of Governors of the Canadian Amateur Athletic Union, who shall have one voice, vote and privilege equal to the other members of the said Board upon matters coming before it.

III. All members of the Canadian Amateur Athletic Union clubs entering Young Men's Christian Association League games shall be governed by the rules of the Athletic League of Young Men's Christian Associations, but members of Young Men's Christian Associations entering games given under the rules of the Canadian Amateur Athletic Union shall be governed by the rules of the Canadian Amateur Athletic Union.

IV. No member of any Young Men's Christian Association which is enrolled as a member of the Athletic League of Young Men's Christian Associations of North America shall be allowed to compete for any club in the Canadian Amateur Athletic Union, provided he has within one year competed for such Young Men's Christian Association, except the consent of the governing body of such Young Men's Christian Association be obtained.

V. No member of any Canadian Amateur Athletic Union club shall be allowed to represent any Young Men's Christian Association in games of any local branch of the Young Men's Christian Association Athletic League, provided he has within one year competed for any Canadian Amateur Athletic Union

club, excepting with the consent of the Board of Governors of the Canadian Amateur Athletic Union.

VI. Each party of this alliance shall respect and enforce the penalties, suspensions and disqualifications imposed by the other party.

VII. Only those local Young Men's Christian Associations or branches which are enrolled as bona fide members of the Athletic League of Young Men's Christian Associations shall be entitled to the privileges and protection of this affiliation.

VIII. These Articles of Alliance may be terminated by either party upon thirty days' written notice to the other.

For the Canadian Amateur Athletic Union—

(Signed)

N. J. AYLING,
Vice-President and Acting President.

For the Athletic League of Young Men's Christian Associations
of North America—

(Signed)

FREDERIC B. PRATT.
Chairman.

ARTICLES OF ALLIANCE

BETWEEN THE

ATHLETIC LEAGUE OF YOUNG MEN'S CHRISTIAN
ASSOCIATIONS OF NORTH AMERICA

AND THE

ATHLETIC LEAGUE OF THE YOUNG MEN'S
CHRISTIAN ASSOCIATIONS OF CANADA

I. At all meetings of the Executive Committee of the Young Men's Christian Association Athletic League of North America, the Young Men's Christian Association Athletic League of Canada shall be entitled to representation by one delegate or alternate duly elected by the Executive Committee of the Canadian Athletic League, who shall have voice, vote and privilege equal to the other members of said committee upon matters coming before it.

II. At all meetings of the Executive Committee of the Young Men's Christian Association Athletic League of Canada, the Young Men's Christian Association Athletic League of North America shall be entitled to representation by one delegate or alternate, duly elected by the Executive Committee of the North American Athletic League, who shall have voice, vote and privilege equal to the other members of said committee upon matters coming before it.

III. All members of Canadian Athletic League Associations entering games held under sanction of the North American Association Athletic League shall be governed by the rules of the North American Association Athletic League, but members of North American Athletic League Associations entering any games held under sanction of the Canadian Association Athletic League, shall be governed by the rules of the Canadian Association Athletic League.

IV. No member of any Young Men's Christian Association which is enrolled as a member of the Canadian Association Athletic League shall be allowed to compete in open games for any association in the North American Association Athletic League,

provided he has within one year competed in open games for an association enrolled as a member of the Canadian Association Athletic League, except the consent of the governing body of the local association he last represented in open games be obtained in writing. Even if such consent be obtained, he shall not be eligible to represent the association to which he has been released for 90 days from the date he last represented the former association in open games.

V. No member of any Young Men's Christian Association which is enrolled as a member of the North American Association Athletic League shall be allowed to compete in open games for any association in the Canadian Association Athletic League, provided he has within one year competed in open games for an association enrolled as a member of the North American Association Athletic League, except the consent of the governing body of the local association he last represented in open games be obtained in writing. Even if such consent be obtained, he shall not be eligible to represent the association to which he has been released for 90 days from the date he last represented the former association in open games.

VI. Each party to this alliance shall respect and enforce the penalties, suspensions and disqualifications imposed by the other party.

VII. Only those local Young Men's Christian Associations or branches which are enrolled as *bona fide* members of either association Athletic League shall be entitled to the privileges and protection of this affiliation.

VIII. These Articles of Alliance may be terminated by either party upon thirty days' written notice to the other.

For the Athletic League of the Young Men's Christian Associations of North America—

(Signed)

FREDERIC B. PRATT,

For the Athletic League of the Young Men's Christian Associations of Canada—

(Signed)

JOHN W. ROSS.

National A. L. N. A. Records

Below will be found a complete list of indoor and outdoor records which have been passed upon by the Records Committee of the Leagues and adopted by the Executive Committee. For the sake of comparison the AMERICAN AMATEUR RECORDS are given in the right hand column.

Following are State Records with Section A. L. N. A. Records, together with the National A. L. N. A. records for comparison. A glance at the Section Records reveals the fact that some Sections have made little effort to establish records. It is hoped that a special effort will be made by each Section to establish a record in all the events listed on page 21.

On page 23 will be found a sample of the Application for Record blank, which may be had upon application to the League office, 124 East Twenty-eighth Street, New York City.

The by-laws relating to the making of records are Section II, clauses 2-6, pages 21-22.

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	AMERICAN AMATEUR RECORDS
20 Yards Dash.....		2 3-5s.	H. Orchard (Army & N. Br.), Newport, R. I.	4 2-5s.
40 Yards Dash.....		4 3-5s.	H. Orchard (Army & N. Br.), Newport, R. I.	5 2-5s.
50 Yards Dash.....	5 3-5s.		B. G. Leake, Fort Worth, Tex.	7 3-5s.
75 Yards Dash.....		9s.	Carl H. Buenzle, Scranton, Pa.	9 3-5s.
100 Yards Dash.....	10s.	11 1-5s.	C. W. Svenson (Cent.), Chicago, Ill.	
	22s.		Paul Seidenstricker (Cent.), Buffalo, N. Y.	
220 Yards Dash.....		24 4-5s.	N. J. Cartmell, Louisville, Ky.	21 1-5s.
	52 3-5s.		Earl Vail, Toledo, O.	47s.
440 Yards Dash.....		55 4-5s.	E. M. Tourtelot (Cent.), Chicago, Ill.	
	2m. 3s.		Frank Sauer (Cent.), Chicago, Ill.	
880 Yards Run.....		2m. 3 1-5s.	C. F. Souder, Jr., Toledo, O.	
Three-quarter Mile Run.....		3m. 52 2-5s.	Harry Monroe, New Orleans, La.	1m. 53 2-5s.
One Mile Run.....	4m. 38s.		Edw. O'Brien, New Haven, Conn.	3m. 2 4-5s.
		4m. 40 2-5s.	Lieut. F. V. McNair, Newport, R. I.	4m. 14 2-5s.
Two Mile Run.....	10m. 19 3-5s.		A. A. Haigh (Central), Chicago, Ill.	4m. 18 1-5s.
		10m. 19 2-5s.	Wm. H. Quinn, San Francisco, Cal.	9m. 17 4-5s.
Five Mile Run.....	28m. 10 1-5s.	3m. 30s.	F. Barnikow, Meriden, Conn.	25m. 8s.
			G. J. Schnabel, J. J. McIntel, C. M. Borg-	
Mile Relay (four men to run) ...	3m. 36 1-5s.		man, H. Hocking, West Side New York...	
			P. Smith, E. Millsap, E. Kern, E. Gibbs,	
			Pasadena, Cal.	
Two Mile Relay.....	9m. 53 4-5s.	8m. 13s.	J. T. Soring, L. Godboat, F. Oswald, H. Or-	3m. 18 1-5s.
			chard, Army and Navy, Newport, R. I.	
			M. McLaughlin, J. Gutchley, C. English, H.	7m. 53s.
			Dodd, Paterson, N. J.	1m. 23s.
440 Yards Walk.....		1m. 22 2-5s.	E. V. Ray, Albany, N. Y.	

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	AMERICAN AMATEUR RECORDS
One Mile Walk.....	16 1-5s.	7in. 47 2-5s.	Joseph Cohn, (Cent.), Brooklyn, N. Y.	15s.
120 Yards Hurdles (3ft. 6in. high)	27s.		W. T. Fishleigh, Ravenswood, Chicago, Ill.	23 3-5s.
220 Yards Hurdles (2ft. 6in. high)			E. Kern, Pasadena, Cal.	
Quarter Mile Potato Race.....		1m. 38 3-5s.	L. H. Perkins, San Francisco, Cal.	
Eight Potato Race.....		33 1-5s.	Robert Brindle, Jr., Woonsocket, R. I.	
60 Yards Potato Race.....		14 4-5s.	{ Wm. H. Lohse, San Francisco, Cal.	
			{ Otto Reichenbach, San Francisco, Cal.	
			{ H. J. Smith, San Francisco, Cal.	
			{ Otto Reichenbach, San Francisco, Cal.	
220 Yards Potato Race.....		59 4-5s.	A. M. Bohnert, San Francisco, Cal.	
Standing Broad Jump.....	10ft. 8 3-4in.	10 ft. 7 in.	C. M. King, Dallas, Tex.	
			D. Lane, Bridgeport, Conn.	
Two Standing Broad Jumps.....		21ft. 3 1-4in.	J. A. Macdonald, Melrose, Mass.	
Three Standing Broad Jumps...	33ft. 9in.	32ft. 11 1-2in.	C. M. King, Dallas, Tex.	
Standing High Jump.....	4ft. 10in.	5ft. 1-8in.	R. M. Leggett, San Francisco, Cal.	35ft. 8 3-4in. 5ft. 5 3-4in.
Standing Hop, Step and Jump...		29ft. 9 3-4in.	C. M. King, Dallas, Tex.	
Running Hop, Step and Jump...	43ft. 10 1-4in.	38ft. 1in.	C. Maier, Rochester, N. Y.	
Running High Jump.....	6ft. 5-8in.	6ft. 1-16 in.	Roger E. Daisley (Bedf'd Br.), B'klyn, N. Y.	
			C. J. Sauer, Bridgeport, Conn.	50ft. 11in. 6ft. 4 1-2in. 6ft. 7 5-16in.
Running Broad Jump.....	21ft. 11 5-8in.	21ft. 1 3-4in.	Thos. R. Moffitt, Central, Philadelphia, Pa.	
			R. C. Merriam, Pasadena, Cal.	
			F. Tuero, Waterbury, Conn.	24ft. 7 1-4in.
Run. High J'p from Springboard		7ft. 10in.	E. Gibbs, Pasadena, Cal.	
Running High Dive.....		6ft. 1 3-4in.	A. T. Robinson, Central, Brooklyn, N. Y.	
High Dive from Springboard...		8ft.	W. McNaughton, Plainfield, N. J.	
Run. High Dive from Springboard		8ft. 6 1-2in.	H. Aronson, St. Paul, Minn.	
Running Long Dive.....		14ft. 8in.	Chas. Stewart, San Francisco, Cal.	8ft. 6 1-2in. 14ft. 8in.
Running High Kick.....		9ft. 4in.	Louis Killian, Orange, N. J.	9ft. 8in. 9ft. 1in.
Running Hitch and Kick.....		9ft.	Paul Athies, Lincoln, Neb.	8ft. 1 3-4in. 7ft. 6 in.
Double Kick.....		8ft. 1 3-4in.	Chas. H. Toothaker (Cent.), Phila., Pa.	
Fence Vault.....		7ft. 6 in.	F. C. Crane, Aurora, Ill.	13ft. 2 1-4in.
Pole Vault for Height.....	11ft. 5 1-4in.		Geo. M. Woodman, Fort Worth, Tex.	
			Harry Wessels, New Britain, Conn.	3 3-5s.
Rope Climb (18 feet).....		10ft. 7 3-4in.	R. W. Albertson (Cent.), Chicago, Ill.	67ft. 7in. 57ft. 3in.
Putting 8-lb Shot.....		4 3-5s.	R. O. Best (Cent.), Buffalo, N. Y.	
Putting 12-lb. Shot.....	46ft. 6 1-4in.	55ft. 1in.	Wm. F. Wilkie (A. & N. Br.), Newport, R. I.	
			A. B. Gunn (Cent.), Buffalo, N. Y.	
Putting 16-lb. Shot.....	40ft. 7in.	54ft. 4in.	Russell J. Laurence, Plainfield, N. J.	
			A. B. Gunn (Cent.), Buffalo, N. Y.	51ft.
12-lb. Hammer (without turn)...	130ft.		Arthur P. Stupp, Scranton, Pa.	
12-lb. Hammer (with turn)...	123ft. 5in.		Engene Van Gent, Ottumwa, Ia.	207ft. 7 3-4in.
16-lb. Hammer.....	128ft. 7in.		A. B. Gunn (Cent.), Buffalo, N. Y.	189ft. 6 1-2in.
			A. A. Johnson (Cent.), St. Louis, Mo.	

NATIONAL A. L. N. A. RECORDS—CONTINUED.

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	AMERICAN AMATEUR RECORDS
Discus.....	123ft. 2in.			145ft. 9 1-2in.
25 Yards Swim (75ft.)*		12s.	Harry Kanatlar, Kansas City, Mo.	23 2-5s.
50 Yards Swim.....		25s.	W. Quayle, St. Paul, Minn.	40 1-5s.
75 Yards Swim.....		46 4-5s.	Raymond L. Smith, Newark, N. J.	54 3-5s.
100 Yards Swim (46ft. 6in.)		1m. 2 4-5s.	Thos. Backe (Bedf'd Br.), B'klyn, N. Y.	
200 Yards Swim (39ft. 10in.)		2m. 30 1-5s.	Adolph Schubert (E. Dist.), Brooklyn, N. Y.	
220 Yards Swim (75ft.)		2m. 59 1-5s.	Dr. E. C. Place (Bedf'd Br.), B'klyn, N. Y.	2m. 25 2-5s.
Pl. & Sw. Und. Water (46ft. 6in.)		267ft.	G. E. Reddall (Bedf'd Br.), B'klyn, N. Y.	
Under Water Swim (46ft. 6in.)		202ft.	G. E. Reddall (Bedf'd Br.), B'klyn, N. Y.	
50 Yds. Breast Stroke (46ft. 6in.)		34s.	G. E. Reddall (Bedf'd Br.), B'klyn, N. Y.	
100 Yds. Breast Stroke (75ft.)		1m. 26s.	B. F. Taber, St. Paul, Minn.	
100 Yards on Back (75ft.)		1m. 29s.	B. F. Taber, St. Paul, Minn.	
Plunge for Distance (75ft.)		43ft.	B. F. Taber, St. Paul, Minn.	

Sectional Records CENTRAL SECTION RECORDS.

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	NATIONAL A. L. N. A. RECORDS
40 Yards Dash.....	5 4-5s.	4 4-5s.	J. Horner, Grand Rapids, Mich.	4 3-5s.
50 Yards Dash.....		13 1-5s.	C. Crawford, Steubenville, O.	5 3-5s.
100 Yards Dash.....	10s.	24 4-5s.	E. C. Kiekoph, St. Paul, Minn.	11 1-5s.
220 Yards Dash.....	22s.	55 4-5s.	E. W. Svenson (Central), Chicago, Ill.	10s.
440 Yards Dash.....	52 3-5s.	2m. 3 1-5s.	E. Vall, Toledo, O.	24 4-5s.
Half Mile Run.....	2m. 4 1-5s.	4m. 1 1-5s.	N. J. Cartmell, Louisville, Ky.	22s.
Three-quarter Mile Run.....		4m. 45 3-5s.	F. Sauer (Central), Chicago, Ill.	55 4-5s.
One Mile Run.....			E. M. Tourtelot (Central), Chicago, Ill.	52 3-5s.
Two-mile Run.....	4m. 38 4-5s.		C. F. Souder, Toledo, O.	2m. 3 1-5s.
120 Yards Hurdles.....	10m. 19 3-5s.		W. A. Brown, Cincinnati, O.	2m. 3s.
Quarter Mile Potato.....	16 1-5s.		A. T. Robinson (Central), Chicago, Ill.	3m. 52 2-5s.
Standing Broad Jump.....	27 3-5s.		H. J. Buechler (Central), Chicago, Ill.	4m. 40 2-5s.
			A. A. Haigh (Central), Chicago, Ill.	4m. 38s.
			W. T. Fishleigh (Ravenswood), Chicago, Ill.	10m. 19 3-5s.
			W. T. Fishleigh (Ravenswood), Chicago, Ill.	16 1-5s.
			G. Spiegelbauer (Central), Chicago, Ill.	27s.
			O. H. Bonney, Aurora, Ill.	1m. 38 3-5s.
			W. Edgar, Steubenville, O.	10ft. 7in.
Two Standing Broad Jumps....	19ft. 11 3-4 in.		R. E. Cornwall, Omaha, Neb.	10ft. 8 3-4in.
Three Standing Broad Jumps....	29ft. 6 1-2in.		R. E. Cornwall, Omaha, Neb.	21ft. 3 1-4in.
				29ft. 11 1-2in.

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	NATIONAL A. L. N. A. RECORDS
Standing High Jump	4ft. 3in.	4ft. 5 1-2in.	O. H. Bonney, Aurora, Ill.	5ft. 1-8in.
Standing Hop, Step and Jump ..	41ft. 7in.	28ft. 4 1-4in.	J. Clark, Steubenville, O.	29ft. 9 3-4in.
Running Hop, Step and Jump ..	21ft. 11 1-2in.	5ft. 10 1-4in.	O. H. Bonney, Aurora, Ill.	43ft. 10 1-4in.
Running Broad Jump	5ft. 7 1-2in.	6ft.	O. W. Svenson (Cent.), Chicago, Ill.	43ft. 11 5-8in.
Running High Jump		8ft.	W. T. Fishleigh (Ravenswood), Chicago, Ill.	2ft. 1-16in.
Running High Dive		13ft. 7 1-2in.	David Davies, Cincinnati, O.	6ft. 5-8in.
High Dive from Springboard ..		8ft.	W. B. Everingham (W. S.), Chicago, Ill.	6ft. 1 3-4in.
Running Long Dive		13ft. 7in.	Charles Havill, Detroit, Mich.	8ft.
Fence Vault		9ft. 4in.	H. Aronson, St. Paul, Minn.	14ft. 8in.
Running High Kick		8ft. 6 1-8in.	Frank Zumbrook, Springfield, Ill.	7ft.
Running Hitch and Kick		8ft. 1 3-4in.	C. D. Kysdale, Grand Rapids, Mich.	9ft. 4in.
Double Kick		10ft. 7 3-4in.	P. A. Authes, Lincoln, Neb.	9ft.
Pole Vault for Height	10ft. 2in.	7 1-5s.	D. C. Briggs, Dayton, O.	8ft. 1 3-4in.
Rope Climb (18 feet)	43ft. 7 1-2in.	46ft. 11in.	F. C. Crane, Aurora, Ill.	10ft. 7 3-4in.
Putting 12-lb. Shot	38ft. 6in.	35ft. 7in.	R. W. Albertson (Central), Chicago, Ill.	11ft. 5 1-4in.
Putting 16-lb. Shot	130ft.		R. W. Albertson (Central), Chicago, Ill.	4 3-5s.
12-lb. Hammer (without turn) ..	128ft. 7in.		J. E. Peters (Central), Chicago, Ill.	54ft. 4in.
16-lb. Hammer (with turn)	123ft. 2in.		Joseph Horner, Grand Rapids, Mich.	4ft. 6 1-4in.
Discus			Chas. H. Henneman, Keokuk, Ia.	41ft. 10 1-2in.
25 Yards Swim (75ft.)*		12s.	C. W. Rendigs, Cincinnati, O.	40ft. 7in.
50 Yards Swim (75ft.)		31 2-5s.	Harry Kanatzar, Kansas City, Mo.	130ft.
200 Yards Swim (75ft.)		1m. 51s.	Eugene Van Gent, Ottumwa, Ia.	128ft. 7in.
100 Yards on Back (75ft.)		1m. 29s.	A. A. Johnson (Central), St. Louis, Mo.	123ft. 2in.
100 Yds. Breast Stroke (75ft.) ..		1m. 26s.	Harry Kanatzar, Kansas City, Mo.	12s.
Plunge for Distance (75ft.)		43ft.	W. Quayle, St. Paul, Minn.	25s.
			Oscar Miller, St. Paul, Minn.	2m. 30 1-5s.
			B. F. Taber, St. Paul, Minn.	1m. 29s.
			B. F. Taber, St. Paul, Minn.	1m. 26s.
			B. F. Taber, St. Paul, Minn.	43ft.

EASTERN SECTION RECORDS.

20 Yards Dash	2 3-5s.	L. H. Barkalow, Morristown, N. J.	9s.
75 Yards Dash	9s.	Carl H. Buenzle, Scranton, Pa.	11 1-5s.
100 Yards Dash	11 1-5s.	Paul Seidenstricker, (Cent.), Buffalo, N. Y.	10s.
		L. D. Parmelee, Albany, N. Y.	
220 Yards Dash	26 2-5s.	{ Roger E. Daistey (Bedf'd), Brooklyn, N. Y.	24 4-5s.
		{ P. Seidenstricker (Cent.), Buffalo, N. Y.	22s.
440 Yards Dash	58s.	R. H. Lummis, Wilmington, Del.	55 4-5s.
		F. W. Cordes (23d St.), N. Y. City.	52 3-5s.
880 Yards Dash	2m. 10s.	Geo. E. Hutchinson, Orange, N. J.	2m. 3 1-5s.
		{ Wm. Kramer (E. D.), Brooklyn, N. Y.	2m. 3s.
		{ E. A. Kelley (23d St.), N. Y. City.	
		Harry Coates, Newark, N. J.	

* Figures in parentheses after swimming events indicate length of pool.

EASTERN SECTION RECORDS—CONTINUED.

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	NATIONAL A. L. N. A. RECORDS
Three-quarter Mile Run.....		4m. 4-5s.	F. H. Alpers (Cent.), Brooklyn, N. Y.	3m. 52 2-5s.
One Mile Run.....	4m. 47 1-5s.	4m. 47 3-5s.	Harry A. Huff (23d St.), N. Y. City.	4m. 40 2-5s.
120 Yards Hurdles.....	17 1-5s.		Harry Coates, Newark, N. J.	4m. 38s.
Mile Relay (four men to run)...		3m. 30s.	Leonard Terhune, Newark, N. J.	16 1-5s.
Two Mile Relay.....	9m. 53 4-5s.		G. J. Schabel, J. J. McEntee, C. M. Borg- man, Horace Hocking, (W. Side), N. Y. City, } { W. McLaughlin, J. Critchley, C. English, { H. Dodd, Paterson, N. J.	3m. 30s.
Quarter Mile Potato Race.....		1m. 43s.	W. A. Gassin (Cent.), Brooklyn, N. Y.	9m. 53 4-5s.
Eight Potato Race.....		34 3-5s.	Orville Meslar, Morristown, N. J.	1m. 38 3-5s.
60 Yards Potato.....		15s.	Russell M. Wise (Bedf'd), Brooklyn, N. Y.	33 1-5s.
220 Yards Potato Race.....		1m. 1 4-5s.	Russell M. Wise (Bedf'd), Brooklyn, N. Y.	14 4-5s.
440 Yards Walk.....		1m. 22 2-5s.	Edmond V. Ray, Albany, N. Y.	59 4-5s.
One Mile Walk.....		7m. 47 2-5s.	Joseph Cohn, (Cent.), Brooklyn, N. Y.	1m. 22 2-5s.
Standing High Jump.....		4ft. 10 7-8in.	John A. Biller (Cent.), Brooklyn, N. Y.	7m. 47 2-5s.
Running High Jump.....		6ft. 1-16in.	Thos. R. Moffitt (Cent.), Philadelphia, Pa.	5ft. 1-8in.
			(Daniel Reuss (Bedf'd), Brooklyn, N. Y.	6ft. 1-16in.
Running High Jump.....	5ft. 8in.		L. R. Parmelee, Albany, N. Y.	6ft. 5-8in.
Run. High J'p from Springboard		7ft. 10in.	A. T. Robinson (Cent.), Brooklyn, N. Y.	7ft. 10in.
Running Broad Jump.....	20ft. 1in.	20ft. 5 1-4in.	James Sheehan, Rochester, N. Y.	21ft. 1 3-4in.
Pole Vault for Height.....	10ft. 6in.	38ft. 1in.	Leonard Terhune, Newark, N. J.	21ft. 11 5-8in.
Standing Broad Jump.....		10ft. 2in.	Roger E. Daisley (Bedf'd), Brooklyn, N. Y.	38ft. 1in.
Two Standing Broad Jumps.....		10ft. 5 3-4in.	E. C. Anderson (Cent.), Buffalo, N. Y.	10ft. 7 3-4in.
Three Standing Broad Jumps.....		19ft. 11 1-4in.	Kenneth Curtis, Newark, N. J.	11ft. 5 1-4in.
Standing Hop, Step and Jump.....		31ft. 8in.	John A. Biller (Cent.), Brooklyn, N. Y.	10ft. 7in.
Running Long Dive.....		29ft. 9 3-4in.	H. J. Behrens (Cent.), Brooklyn, N. Y.	21ft. 3 1-4in.
Running High Dive.....		14ft. 8in.	R. J. Lawrence, Plainfield, N. J.	32ft. 11 1-2in.
Fence Vault.....		6ft. 1 3-4in.	Carl Maler, Rochester, N. Y.	29ft. 9 3-4in.
Running High Kick.....		8ft. 10 1-2in.	Louis Killian, Orange, N. J.	14ft. 8in.
Running High Kick.....		9ft.	Walter McNaughton, Plainfield, N. J.	6ft. 1 3-4in.
Rope Climb (18 feet).....		4 3-5s.	R. O. Best (Cent.), Buffalo, N. Y.	7ft. 4in.
Putting 8-lb. Shot.....	46ft. 6 1-4in.	50ft. 2 1-2in.	C. R. Toothaker (Central), Phila., Pa.	9ft. 4in.
Putting 16-lb. Shot.....	40ft. 7in.	54ft. 4in.	R. O. Best (Cent.), Buffalo, N. Y.	4 3-5s.
12-lb. Hammer (without turn).....	123ft. 5in.	41ft. 10 1-2in.	W. W. Howell, Morristown, N. J.	55ft. 1in.
25 Yards Swim.....		12 4-5s.	R. J. Lawrence, Plainfield, N. J.	54ft. 4in.
50 Yards Swim.....		25s.	A. B. Gunn (Central), Buffalo, N. Y.	46ft. 6 1-4in.
75 Yards Swim.....		46 4-5s.	Arthur P. Stipp, Scranton, Pa.	41ft. 10 1-2in.
			A. B. Gunn (Central), Buffalo, N. Y.	40ft. 7in.
			Daniel Reuss (Bedf'd), Brooklyn, N. Y.	130ft.
			A. B. Gunn (Central), Buffalo, N. Y.	123ft. 5in.
			Raymond L. Smith, Newark, N. J.	12s.
			Raymond L. Smith, Newark, N. J.	25s.
			Raymond L. Smith, Newark, N. J.	46 4-5s.

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	NATIONAL A. L. N. A. RECORDS
100 Yards Swim (46ft. 6in.)*...		1m. 2 4-5s.	Thos. Backe (Bedf'd), Brooklyn, N. Y.	1m. 2 4-5s.
200 Yards Swim (39ft. 10in.)...		2m. 30 1-5s.	Adolph Schubert (E. Dist.), Br'klyn, N. Y.	2m. 30 1-5s.
220 Yards Swim (46ft. 6in.)...		2m. 59 1-5s.	Dr. E. C. Place (Bedf'd), Brooklyn, N. Y.	2m. 59 1-5s.
Un. Wat. Swim for Dis. (46ft. 6in.)		267ft.	G. E. Reddall (Bedf'd), Brooklyn, N. Y.	267ft.
Under Water Swim (46ft. 6in.)...		202ft.	G. E. Reddall (Bedf'd), Brooklyn, N. Y.	202ft.
50 Yards Breast Stroke (46ft. 6in.)		34s.	G. E. Reddall (Bedf'd), Brooklyn, N. Y.	34s.

NORTHEASTERN SECTION RECORDS.

20 Yards Dash.....	2 3-5s.	H. Orchard (Army & Navy), Newport, R. I.	2 3-5s.
40 Yards Dash.....	4 3-5s.	H. Orchard (Army & Navy), Newport, R. I.	4 3-5s.
100 Yards Dash.....	10 2-5s.	{ W. B. Durand, Springfield, Mass. D. Pollard, Springfield, Mass. Wm. Cameron, Pawtucket, R. I. G. Litchfield, Newton, Mass.	
220 Yards Dash.....	24 1-5s.	T. F. Fahey, New Haven, Conn.	10s.
440 Yards Dash.....	53 3-5s.	H. Hardy, Fitchburg, Mass.	55 4-5s.
Half Mile Run.....	2m. 5 3-5s.	M. Finkelstein, Bridgeport, Conn.	52 3-5s.
One Mile Run.....	4m. 38s.	H. Knight, Fitchburg, Mass.	2m. 3 1-5s.
Two Mile Relay Race.....		E. O'Brien, New Haven, Conn.	2m. 3s.
		F. V. McNair, Newport, R. I.	4m. 40 2-5s.
		E. O'Brien, New Haven, Conn.	4m. 38s.
		E. Oswald, J. T. Sering, L. Godboat, H. Or- chard (Army & Navy), Newport, R. I.	8m. 13s.
Five Mile Run.....	28m. 10 1-5s.	F. Barnikow, Meriden, Conn.	28m. 10 1-5s.
Quarter Mile Potato Race.....		W. D. Daisley, Stamford, Conn.	1m. 38 3-5s.
Eight Potato Race.....		Robert Brindle, Woonsocket, R. I.	33 1-5s.
Standing Broad Jump.....	10ft. 3 1-8in.	G. Kingston, Waterbury, Conn.	10ft. 7in.
Two Standing Broad Jumps.....	21ft. 3 1-4in.	D. Lane, Bridgeport, Conn.	21ft. 3 1-4in.
Three Standing Broad Jumps.....	21ft. 11 1-2in.	J. A. Macdonald, Melrose, Mass.	32ft. 11 1-2in.
Running Broad Jump.....	20ft. 6in.	F. Tuero, Waterbury, Conn.	21ft. 1 3-4in.
		C. J. Sauer, Bridgeport, Conn.	21ft. 11 5-8in.
Standing Hop, Step, and Jump..	43ft. 10 1-4in.	C. J. Sauer, Bridgeport, Conn.	29ft. 9 3-4in.
Running Hop, Step and Jump..		C. J. Sauer, Bridgeport, Conn.	43ft. 10 1-4in.
Standing High Jump.....	5ft. 7 3-4in.	C. J. Sauer, Bridgeport, Conn.	5ft. 1-8in.
Running High Jump.....		R. D. Ely, Waterbury, Conn.	6ft. 1-8in.
Running Long Dive.....		D. Pollard, Springfield, Mass.	6ft. 5-8in.
Fence Vault.....		D. Lane, Bridgeport, Conn.	7ft. 10in.
Running High Kick.....		F. C. Harwood, Norwich, Conn.	6ft. 1 3-4in.
Double Kick.....		George G. Straffire, Brockton, Mass.	14ft. 8in.
		H. C. Ryder, Cambridge, Mass.	7ft.
		W. D. Daisley, Stamford, Conn.	9ft. 4in.
		T. L. Freeborne, Newport, R. I.	8ft. 1 3-4in.

*Figures in parentheses after swimming events indicate length of pool.

NORTHEASTERN SECTION RECORDS—CONTINUED.

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	NATIONAL A. L. N. A. RECORDS
Pole Vault for Height.....	11ft. 5 1-4in.	9ft. 3in.	J. A. Gilliland, Stamford, Conn.	10ft. 7 3-4in.
Rope Climb (18 feet).....		5 1-5s.	Harry Wessels, New Britain, Conn.	11ft. 5 1-4in.
Putting 8-lb. Shot.....		55ft. 11in.	J. A. Gilliland, Stamford, Conn.	4 3-5s.
Putting 12-lb. Shot.....	41ft. 7 1-4in.	49ft. 11in.	Wm. F. Wilkie (A. and N. Br.), Newport, R. I.	55ft. 1in.
Putting 16-lb. Shot.....		36ft. 8 1-2in.	F. H. Schoenfluss, Boston, Mass.	54ft. 4in.
12-lb. Hammer (without turn)...	115ft. 10in.		W. Crawford, New Haven, Conn.	46ft. 6 1-4in.
			Fred Butler, Boston, Mass.	41ft. 10 1-2in.
			S. H. Bingham, Worcester, Mass.	130ft.

PACIFIC SECTION RECORDS.

100 Yards Dash.....	10 2-5s.		Warren Smith, Pasadena, Cal.	10s.
220 Yards Dash.....	24s.		Warren Smith, Pasadena, Cal.	22s.
880 Yards Run.....	2m. 3s.		B. Dodd, Long Beach, Cal.	2m. 3s.
One Mile Run.....	5m. 18s.		F. L. Morrill, Los Angeles, Cal.	4m. 38s.
Two Mile Run.....		10m. 19 2-5s.	Wm. H. Quinn, San Francisco, Cal.	10m. 19 2-5s.
220 Yards Low Hurdles.....	27s.		Eugene Kern, Pasadena, Cal.	27s.
One Mile Relay.....	3m. 36 1-5s.		(4 men) Los Angeles, Cal.	3m. 36 1-5s.
60 Yards Potato Race.....		14 4-5s.	{ Wm. Lohse, San Francisco, Cal. Otto Reichenbach, San Francisco, Cal.	14 4-5s.
220 Yards Potato Race.....		59 4-5s.	{ H. J. Smith, San Francisco, Cal. Otto Reichenbach, San Francisco, Cal.	59 4-5s.
Quarter Mile Potato Race.....		1m. 38 3-5s.	L. H. Perkins, San Francisco, Cal.	1m. 38 3-5s.
Standing Broad Jump.....		10ft. 7in.	A. M. Bohnert, San Francisco, Cal.	10ft. 7in.
Running Broad Jump.....			Elliott Gibbs, Pasadena, Cal.	21ft. 11 5-8in.
Three Standing Broad Jumps...		31ft. 9 1-2in.	Harry Hendrick, Pasadena, Cal.	32ft. 11 1-2in.
Standing High Jump.....		5ft. 1-8in.	R. R. M. Leggett, San Francisco, Cal.	5ft. 1-8in.
Running High Jump.....		5ft. 10 5-8in.	A. M. Bohnert, San Francisco, Cal.	6ft. 1-16in.
			Robert C. Merriam, Pasadena, Cal.	6ft. 5-8in.
			Charles Stewart, San Francisco, Cal.	8ft. 6 1-2in.
			Robert C. Merriam, Pasadena, Cal.	11ft. 5 1-4in.
Run, High Dive from Springboard		8ft. 6 1-2in.	R. E. Squire, Los Angeles, Cal.	7ft.
Pole Vault for Height.....	10ft. 4 1-8in.	7ft.	{ Dean B. Croomwell, Los Angeles, Cal. W. E. Dooling, San Francisco, Cal.	54ft. 4in.
Fence Vault.....		44ft.	C. S. Dole, San Francisco, Cal.	130ft.
Putting 12-lb. Shot.....				
12-lb. Hammer (without turn)...	90ft.			

PACIFIC NORTHWESTERN SECTION RECORDS.

440 Yards Dash.....	1m. 3 2-5s.		T. Healey, Portland, Ore.	55 4-5s.
880 Yards Run.....	2m. 16 3-5s.		J. A. Wilcox, Portland, Ore.	2m. 3 1-5s.
One Mile Run.....	5m. 25s.		T. Healey, Portland, Ore.	4m. 40 2-5s.
Running High Dive.....	5ft. 11in.		S. Beck, Portland, Ore.	6ft. 1 3-4in.

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	NATIONAL A. L. N. A. RECORDS
Run. High J'p from Springboard.		7ft. 6 1-4in.	J. A. Wilcox, Portland, Ore.	7ft. 10in.
Running Long Dive.....		13ft. 5 1-2in.	Sidney Beck, Portland, Ore.	14ft. 8in.
Fence Vault.....		8ft. 10in.	Geo. McKivor, North Yakima, Wash.	7ft.
Running High Kick.....		8ft. 5 1-2in.	A. W. Barber, Portland, Ore.	9ft. 4in.
Putting 12-lb. Shot.....		42ft. 1in.	H. Bailey, Portland, Ore.	54ft. 4in.

SOUTHERN SECTION RECORDS

Eight Potato Race.....		35s.	C. Borjes, Norfolk, Va.	33 1-5s.
Standing Broad Jump.....		9ft. 11in.	D. M. Etheridge, Norfolk, Va.	10ft. 7in.
Two Standing Broad Jumps.....		20ft. 10in.	H. M. Quinn (Navy), Norfolk, Va.	21ft. 3 1-4in.
Three Standing Broad Jumps.....		31ft. 1-2in.	H. M. Quinn (Navy), Norfolk, Va.	32ft. 11 1-2in.
Standing High Jump.....		4ft. 6 1-4in.	E. C. Biebaunt (Navy), Norfolk, Va.	5ft. 1-8in.
Standing Hop, Step and Jump.....		27ft. 4in.	H. M. Quinn (Navy), Norfolk, Va.	29ft. 9 3-4in.
Running High Jump.....		5ft. 6 1-4in.	S. Biebaunt (Navy), Norfolk, Va.	6ft. 1-16in.
Running Broad Jump.....		18ft. 3in.	J. K. Smith, Norfolk, Va.	21ft. 1 3-4in.
Running High Dive.....		5ft. 8 3-4in.	{C. Borjes, Norfolk, Va.	6ft. 1 3-4in.
Putting 12-lb. Shot.....		42 ft. 3in.	D. M. Etheridge, Norfolk, Va.	54ft. 4in.
Putting 16-lb. Shot.....		35ft. 5in.	D. M. Etheridge, Norfolk, Va.	41ft. 10 1-2in.

SOUTHWESTERN SECTION RECORDS.

50 Yards Dash.....	5 3-5s.		B. G. Leake, Fort Worth, Texas.	5 3-5s.
100 Yards Dash.....	10 1-5s.		B. G. Leake, Fort Worth, Texas.	10s.
440 Yards Dash.....	56s.		Edward Slaughter, Dallas, Texas.	52 3-5s.
880 Yards Run.....	2m. 42 1-5s.	2m. 14 4-5s.	L. L. Bailey, New Orleans, La.	2m. 3 1-5s.
Three-quarter Mile Run.....		3m. 52 2-5s.	Joseph Dawkins, Monroe, La.	2m. 3s.
One Mile Run.....	5m. 45s.		Harry Monroe, New Orleans, La.	3m. 52 2-5s.
Quarter Mile Potatoes Race.....	21 2-5s.		P. Weeks, Monroe, La.	4m. 38s.
Standing High Jump.....	4ft. 10in.	1m. 44 4-5s.	L. H. Casper, Monroe, La.	16 1-5s.
Running High Jump.....		5ft. 2in.	G. Goldthwaite, Galveston, Texas.	1m. 38 3-5s.
Run. High J'p from Springboard.			{C. M. King, Dallas, Texas.	4ft. 10in.
Standing Broad Jump.....			{F. C. Kendall, Houston, Texas.	6ft. 1-16in.
Two Standing Broad Jumps.....			J. M. Frick, Dallas, Texas.	7ft. 10in.
Three Standing Broad Jumps.....			N. R. Shubert, New Orleans, La.	10ft. 7in.
Running Broad Jump.....			F. R. Thomas, Galveston, Texas.	21ft. 3 1-4in.
Standing Hop, Step and Jump.....			T. H. Phillips, Galveston, Texas.	32ft. 11 1-2in.
Running Broad Jump.....			C. M. King, Dallas, Texas.	33ft. 9in.
Standing Hop, Step and Jump.....			C. M. King, Dallas, Texas.	21ft. 11 5-8in.
			R. Everard, New Orleans, La.	29ft. 9 3-4in.

SOUTHWESTERN SECTION RECORDS—CONTINUED.

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	NATIONAL A. L. N. A. RECORDS
Discus (free style).....	83ft. 10in.	5ft. 1in.	Leon A. Davis, Monroe, La.	123ft. 2in.
Running High Dive.....		8ft. 7in.	C. L. Hutchinson, Galveston, Texas.	6ft. 1 3-4in.
Running High Kick.....		8ft. 3 1-2in.	J. M. Frick, Dallas, Texas.	9ft. 4in.
Running High and Kick.....		7ft. 2 3-4in.	C. B. McConnell, Dallas, Texas.	9ft.
Double Kick.....		7ft. 6in.	P. F. Prather, Dallas, Texas.	8ft. 1 3-4in.
Fence Vault.....	9ft. 6in.	7ft. 6in.	Geo. M. Woodman, Ft. Worth, Texas.	7ft. 6in.
Pole Vault for Height.....		9ft. 2in.	T. C. Kendall, Houston, Texas.	10ft. 7 3-4in.
Putting 12-lb. Shot.....		41ft. 7in.	B. G. Leake, Fort Worth, Texas.	11ft. 5 1-4in.
Putting 16-lb. Shot.....		30ft. 10in.	George Queyrouze, New Orleans, La.	54ft. 4in.
12-lb. Hammer (without turn).....		91ft. 9 1-2in.	Leon A. Davis, Monroe, La.	40ft. 7in.
12-lb. Hammer (with turn).....	113ft. 1in.	113ft. 1in.	R. C. Ledbetter, Dallas, Texas.	130ft.
12-lb. Hammer (with turn).....		88ft. 3in.	A. Heatherly, Galveston, Texas.	123ft. 5in.
16-lb. Hammer (with turn).....			Gordon H. Campbell, Monroe, La.	128 ft. 7in.

WESTERN SECTION RECORD.

50 Yards Swim.....	27s.	N. Bartells, Denver, Colo.	25s.
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State Records CENTRAL SECTION

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	CENTRAL SECTION A. L. N. A. RECORDS
ILLINOIS				
100 Yards Dash.....	10s.		C. W. Svenson (Central), Chicago.	10s.
440 Yards Dash.....	52 3-5s.	55 4-5s.	Frank Sauer (Central), Chicago.	55 4-5s.
Three-quarter Mile Run.....		4m. 1 1-5s.	E. M. Tourtelot (Central), Chicago.	52 3-5s.
		4m. 45 3-5s.	A. T. Robinson (Central), Chicago.	4m. 1 1-5s.
One Mile Run.....			H. J. Buechler (Central), Chicago.	4m. 45 3-5s.
			H. J. Buechler (Central), Chicago.	4m. 38 4-5s.
Two Mile Run.....	4m. 38 4-5s.		A. A. Haigh (Central), Chicago.	10m. 19 3-5s.
	10m. 19 3-5s.		W. T. Fishleigh (Ravenswood), Chicago.	16 1-5s.
120 Yards Hurdles.....	27 3-5s.		W. T. Fishleigh (Ravenswood), Chicago.	27 3-5s.
220 Yards Hurdles.....		1m. 38 4-5s.	Geo. Spiegelhauser (Central), Chicago.	1m. 38 4-5s.
Quarter Mile Potato.....		10ft. 2in.	O. H. Bonney, Aurora.	10ft. 2in.
Standing Broad Jump.....		4ft. 5 1-2in.	O. H. Bonney, Aurora.	4ft. 5 1-2in.
Standing High Jump.....		28ft. 4 1-4in.	O. H. Bonney, Aurora.	28ft. 4 1-4in.
Standing Hop, Step and Jump.....			C. W. Svenson (Central), Chicago.	41ft. 7in.
Running Hop, Step and Jump.....	41ft. 7in.		W. T. Fishleigh (Ravenswood), Chicago.	21ft. 11 1-2in.
Running Broad Jump.....	21ft. 11 1-2in.			

STATE RECORDS—CENTRAL SECTION—CONTINUED

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	CENTRAL SECTION RECORDS
ILLINOIS—Continued				
Running High Jump.....	5ft. 7 1-2in.	13ft. 7 1-2in.	W. B. Everingham (West Side), Chicago.	5ft. 7 1-2in.
Running Long Dive.....		8ft. 1 3-4in.	F. C. Crane, Springfield.	13ft. 7 1-2in.
Double Kick.....		10ft. 7 3-4in.	R. W. Albertson (Central), Chicago.	8ft. 1 3-4in.
Pole Vault for Height.....			R. W. Albertson (Central), Chicago.	10ft. 7 3-4in.
			J. E. Peters (Central), Chicago.	10ft. 2in.
Rope Climb (18 feet).....		7 1-5s.		7 1-5s.
IOWA				
Putting 12-lb. Shot.....	43ft. 7 1-2in.		C. H. Henneman, Keokuk.	43ft. 7 1-2in.
12-lb. Hammer (without turn)...	130ft.		E. Van Gent, Ottumwa.	130ft.
KENTUCKY				
220 Yards Dash.....	22s.		N. J. Cartmell, Louisville.	22s.
MICHIGAN				
40 Yards Dash.....		4 4-5s.	J. Horner, Grand Rapids.	4 4-5s.
Running High Dive.....		6ft. 7in.	C. Havill, Detroit.	6ft. 7in.
Fence Vault.....		46ft. 11in.	C. H. Rysdale, Grand Rapids.	46ft. 11in.
Putting 12-lb. Shot.....			J. Horner, Grand Rapids.	
MINNESOTA				
100 Yards Dash.....		13 1-5s.	E. C. Kielkoph, St. Paul.	13 1-5s.
220 Yards Dash.....		26 1-5s.	E. C. Kielkoph, A. Raymer, J. I. Allen, St. Paul.	24 4-5s.
440 Yards Dash.....		58s.	J. I. Allen, St. Paul.	55 4-5s.
One Mile Run.....		5m. 1-5s.	J. D. Peterson, St. Paul.	4m. 45 3-5s.
Rope Climb (18 feet).....		8s.	A. Raymer, St. Paul.	8s.
25 Yards Swim (75ft.)*.....		12s.	W. Quayle, St. Paul.	12s.
50 Yards Swim (75ft.).....		31 2-5s.	Oscar Miller, St. Paul.	31 2-5s.
200 Yards Swim (75ft.).....		2m. 51s.	B. F. Taber, St. Paul.	2m. 51s.
100 Yards on Back (75ft.).....		1m. 29s.	B. F. Taber, St. Paul.	1m. 29s.
100 Yards Breast Stroke (75ft.)		1m. 26s.	B. F. Taber, St. Paul.	1m. 26s.
Plunge for Distance (75ft.).....		43ft.	H. Aronson, St. Paul.	43ft.
High Dive from Springboard.....		8ft.		8ft.
MISSOURI				
16-lb. Hammer.....	128ft. 7in.		A. A. Johnson (Central), St. Louis.	128ft. 7in.
Discus (free style).....	123ft. 2in.		H. Kanatzar, Kansas City.	123ft. 2in.
Putting 16-lb. Shot.....	38ft. 6in.		H. Kanatzar, Kansas City.	38ft. 6in.
NEBRASKA				
Running High Kick.....		9ft. 4in.	P. Authes, Lincoln.	9ft. 4in.
Two Standing Broad Jumps.....		19ft. 11 3-4in.	R. E. Cornwall, Omaha.	19ft. 11 3-4in.
Three Standing Broad Jumps...		29ft. 6 1-2in.	R. E. Cornwall, Omaha.	29ft. 6 1-2in.

* Figures in parentheses after swimming events indicate length of pool.

STATE RECORDS—CENTRAL SECTION—CONTINUED

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	CENTRAL SECTION A. L. N. A. RECORDS
OHIO				
50 Yards Dash.....	5 4-5s.		C. Crawford, Steubenville.	5 4-5s.
220 Yards Dash.....		24 4-5s.	E. Vail, Toledo.	24 4-5s.
One-Half Mile Run.....		2m. 3 1-5s.	C. F. Souder, Toledo.	2m. 3 1-5s.
			W. A. Brown, Cincinnati.	2m. 4 1-5s.
Standing Broad Jump.....	2m. 4 1-5s.		Walfer Edgar, Steubenville.	9ft. 7 1-2in.
Running High Jump.....	9ft. 7 1-2in.		J. Clark, Steubenville.	4ft. 3in.
Running Low Jump.....	4ft. 3in.		D. Davies, Cincinnati.	5ft. 10 1-4in.
Running Hurdle and Kick.....		5ft. 10 1-4in.	D. C. Briggs, Dayton.	8ft. 6 1-8in.
Putting 16-lb. Shot.....		8ft. 6 1-8in.	C. W. Rendigs, Cincinnati.	35ft. 7in.
		35ft. 7in.		

STATE RECORDS—EASTERN SECTION

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	EASTERN SECTION A. L. N. A. RECORDS
DELAWARE				
220 Yards Dash.....	23 1-5s.		R. H. Lummis, Wilmington.	23 1-5s.
NEW JERSEY				
20 Yards Dash.....			L. H. Barkalow, Morristown.	2 3-5s.
440 Yards Dash.....	55 1-5s.		G. E. Hutchinson, Orange.	55 1-5s.
Half Mile Run.....	2m. 3 1-5s.		H. Coates, Newark.	2m. 3 1-5s.
One Mile Run.....	4m. 47 1-5s.		H. Coates, Newark.	4m. 47 1-5s.
Two Mile Relay.....	9m. 53 4-5s.		M. McLaughlin, J. Critchley, C. English.	9m. 53 4-5s.
			H. Dodd, Paterson.	17 1-5s.
120 Yards Hurdles.....	17 1-5s.		L. Terhune, Newark.	17 1-5s.
Eight Potato Race.....			Orville Meslar, Morristown.	34 3-5s.
Running Broad Jump.....	20ft. 1in.		L. Terhune, Newark.	30ft. 1in.
Three Standing Broad Jumps.....			R. J. Lawrence, Newark.	31ft. 8in.
Running High Dive.....			W. McNaughton, Plainfield.	6ft. 1 3-4in.
Running Long Dive.....			L. Killian, Orange.	14ft. 8in.
Pole Vault for Height.....			K. Curtis, Newark.	10ft. 6in.
Putting 8-lb. Shot.....	10ft. 6in.		W. W. Howell, Morristown.	50ft. 2 1-2in.
Putting 12-lb. Shot.....			R. J. Lawrence, Plainfield.	54ft. 4in.
25 Yards Swim.....		50ft. 2 1-2in.	R. Smith, Newark.	25s.
50 Yards Swim.....		54ft. 4in.	R. Smith, Newark.	46 4-5s.
75 Yards Swim.....		25s.	R. Smith, Newark.	
		46 4-5s.		

STATE RECORDS—EASTERN SECTION—CONTINUED

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	EASTERN SECTION A. L. N. A. RECORDS
NEW YORK				
100 Yards Dash	10 1-5s.	11 1-5s.	Paul Seidenstricker, Central, Buffalo.	11 1-5s.
220 Yards Dash		26 2-5s.	L. D. Parmelee, Albany.	10 1-5s.
440 Yards Dash		58s.	Roger E. Daisley, Bedford, Brooklyn.	26 2-5s.
Half Mile Run		2m. 10s.	F. W. Cordes, 23d St., New York.	58s.
Three-quarter Mile Run		4m. 4-5s.	{ E. A. Kelley, 23d St., New York.	2m. 10s.
One Mile Run		4m. 47 3-5s.	{ Wm. Kramer, East Dist., Brooklyn.	4m. 4-5s.
One Mile Relay		3m. 30s.	F. H. Alpers, Central, Brooklyn.	4m. 47 3-5s.
440 Yards Walk		1m. 22 2-5s.	H. A. Huff, 23d St., New York.	3m. 30s.
One Mile Walk		7m. 47 2-5s.	G. J. Schnabel, J. J. McEntel, C. M. Borg- man, H. Hocking, West Side, New York.	1m. 22 2-5s.
60 Yards Potato Race		15s.	E. V. Ray, Albany.	7m. 47 2-5s.
220 Yards Potato Race		1m. 1 4-5s.	Joseph Cohn, Central, Brooklyn.	15s.
Quarter Mile Potato Race		1m. 43s.	Russell M. Wise, Bedford, Brooklyn.	1m. 1 4-5s.
Standing High Jump		4ft. 10 7-8in.	Russell M. Wise, Bedford, Brooklyn.	1m. 43s.
Standing Broad Jump		10ft. 5 3-4in.	W. A. Gassin, Central, Brooklyn.	4ft. 10 7-8in.
Two Standing Broad Jumps		19ft. 11 1-4in.	J. A. Biller, Central, Brooklyn.	10ft. 5 3-4in.
Standing Hop, Step and Jump		29ft. 9 3-4in.	H. J. Behrens, Central, Brooklyn.	19ft. 11 1-4in.
Running Hop, Step and Jump		38ft. 1in.	C. Maier, Rochester.	29ft. 9 3-4in.
Running High Jump	5 ft. 8in.	5ft. 7 1-4in.	R. E. Daisley, Bedford, Brooklyn.	38ft. 1in.
Run, High J'p from Springboard.		7ft. 10in.	Geo. Trefrey, Jr., 26th Ward, Brooklyn.	5ft. 7 1-4in.
Running High Dive		5ft. 7 1-2in.	{ D. Reuss, Bedford, Brooklyn.	5ft. 8in.
Running Long Dive		14ft. 1 1-2in.	A. T. Robinson, Central, Brooklyn.	7ft. 10in.
Running Broad Jump		20ft. 5 1-4in.	Ted Williams, Bedford, Brooklyn.	5ft. 7 1-2in.
Fence Vault		6ft. 8 1-2in.	Al. Rollman, Central, Brooklyn.	14ft. 1 1-2in.
Pole Vault for Height		10ft. 2in.	J. Sheehan, Rochester.	20ft. 5 1-4in.
Rope Climb (18 feet)		4 3-5s.	R. O. Best, Central, Buffalo.	6ft. 8 1-2in.
Putting 12-lb. Shot	46ft. 6 1-4in.	44ft. 11in.	E. C. Anderson, Central, Buffalo.	10ft. 2in.
Putting 16-lb. Shot	40ft. 7in.		H. Kraft, Central, Buffalo.	4 3-5s.
12-lb. Hammer (with turn)	123ft. 5in.		A. B. Gunn, Central, Brooklyn.	44ft. 11in.
12-lb. Hammer (without turn)	95ft.		A. B. Gunn, Central, Buffalo.	46ft. 6 1-4in.
50 Yards Swim (46ft. 6in.)		27 1-5s.	A. B. Gunn, Central, Buffalo.	40ft. 7in.
100 Yards Swim (46ft. 6in.)		1m. 2 4-5s.	A. B. Gunn, Central, Buffalo.	123ft. 5in.
200 Yards Swim (39ft. 10in.)		2m. 30 1-5s.	D. Reuss, Bedford, Brooklyn.	95ft.
220 Yards Swim (46ft. 6in.)		2m. 59 1-5s.	Thos. Backe, Bedford, Brooklyn.	27 1-5s.
50 Yards Breast Stroke(46ft. 6in.)		34s.	Thos. Backe, Bedford, Brooklyn.	1m. 2 4-5s.
Pl. and Sw. Und. Water (46ft. 6in.)		267ft.	Adolph Schubert, East, Dist., Brooklyn.	2m. 30 1-5s.
Under Water Swim (46ft. 6in.)		202 ft.	Dr. E. C. Place, Bedford, Brooklyn.	2m. 59 1-5s.
			G. E. Reddall, Bedford, Brooklyn.	34s.
			G. E. Reddall, Bedford, Brooklyn.	267ft.
			G. E. Reddall, Bedford, Brooklyn.	202ft.

* Figures in parentheses after swimming events indicate length of pool.

STATE RECORDS—EASTERN SECTION—CONTINUED

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	EASTERN SECTION A. L. N. A. RECORDS
PENNSYLVANIA				
75 Yards Dash.....		9s.	C. H. Buenzle, Scranton.	9s.
Running High Jump.....		6ft. 1-16in.	T. R. Moffitt, Central, Philadelphia.	6ft. 1-16in.
Running High Kick.....		8ft. 10 1-2in.	C. R. Toothaker, Central, Philadelphia.	8ft. 10 1-2in.
Running Hunch and Kick.....		9ft.	C. R. Toothaker, Central, Philadelphia.	9ft.
Putting 16-lb. Shot.....		41ft. 10 1-2in.	A. P. Stipp, Scranton.	41ft. 10 1-2in.

STATE RECORDS—NORTHEASTERN SECTION

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	NORTHEAST- ERN SECTION A. L. N. A. RECORDS
CONNECTICUT				
220 Yards Dash.....	24 1-5s.		T. F. Fahey, New Haven.	24 1-5s.
440 Yards Dash.....	53 3-5s.		M. Finkelstein, Bridgeport.	53 3-5s.
Half Mile Run.....	2m. 5 3-5s.		Edw. O'Brien, New Haven.	2m. 5 3-5s.
One Mile Run.....	4m. 38s.		F. Barnikow, Meriden.	4m. 38s.
Five Mile Run.....	28m. 10 1-5s.		W. D. Daisley, Stamford.	28m. 10 1-5s.
Quarter Mile Potato Race.....		1m. 41s.	G. Kingston, Waterbury.	1m. 41s.
Standing Broad Jump.....		10ft. 3 1-8in.	D. Lane, Bridgeport.	10ft. 3 1-8in.
Two Standing Broad Jumps.....		21ft. 3 1-4in.	F. Tuero, Waterbury.	21ft. 3 1-4in.
Running Broad Jump.....	20ft. 6in.	21ft. 1 3-4in.	C. J. Sauer, Bridgeport.	20ft. 6in.
Running High Jump.....		5ft. 9in.	R. D. Ely, Waterbury.	5ft. 9in.
Run, High J'p from Springboard.		7ft. 7 1-4in.	D. Lane, Bridgeport.	7ft. 7 1-4in.
Running Hop, Step and Jump..	43ft. 10 1-4in.		C. J. Sauer, Bridgeport.	43ft. 10 1-4in.
Running High Dive.....		5ft. 10in.	F. C. Harwood, Norwich.	5ft. 10in.
Running High Kick.....		8ft. 7in.	W. D. Daisley, Stamford.	8ft. 7in.
Pole Vault for Height.....		9ft. 3in.	J. A. Gilliland, Stamford.	9ft. 3in.
Rope Climb (18 feet).....	11ft. 5 1-4in.		H. Wessels, New Britain.	11ft. 5 1-4in.
Putting 12-lb. Shot.....	41ft. 7 1-4in.	5 1-5s.	J. A. Gilliland, Stamford.	5 1-5s.
			W. Crawford, New Haven.	41ft. 7 1-4in.
MASSACHUSETTS				
100 Yards Dash.....	10 2-5s.		G. Litchfield, Newton.	10 2-5s.
440 Yards Dash.....		1m. 1 4-5s.	G. Hardy, Fitchburg.	1m. 1 4-5s.
Half Mile Run.....		2m. 11 4-5s.	H. Knight, Fitchburg.	2m. 11 4-5s.
Eight Potato Race.....		34 4-5s.	J. Driscoll, Fall River.	33 1-5s.
Standing High Jump.....		4ft. 6in.	F. W. Foster, Cambridge.	4ft. 6in.

STATE RECORDS—NORTHEASTERN SECTION—CONTINUED

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	NORTHEASTERN SECTION A. L. N. A. RECORDS
MASSACHUSETTS—Continued				
Standing Hop, Step and Jump...		28ft. 5in.	F. W. Foster, Cambridge.	28ft. 5in.
Three Standing Broad Jumps...		32ft. 11 1-2in.	J. A. Macdonald, Melrose.	32ft. 11 1-2in.
Running High Jump...	5ft. 7 3-4in.		D. Pollard, Springfield.	5ft. 7 3-4in.
Running Long Jump...		12ft. 8in.	G. G. Strafire, Brockton.	12ft. 8in.
Fence Vault...		6ft. 6in.	H. C. Ryder, Cambridge.	6ft. 6in.
Putting 12-lb. Shot...		49ft. 11in.	F. H. Schoenfuß, Boston.	49ft. 11in.
Putting 16-lb. Shot...		36ft. 8 1-2in.	F. Butler, Boston.	36ft. 8 1-2in.
12-lb. Hammer (without turn)...	115ft. 10in.		S. H. Bingham, Worcester.	115ft. 10in.
RHODE ISLAND				
20 Yards Dash...		2 3-5s.	H. Orchard, Army and Navy, Newport.	2 3-5s.
40 Yards Dash...		4 3-5s.	H. Orchard, Army and Navy, Newport.	4 3-5s.
100 Yards Dash...			Wm. Cameron, Pawtucket.	10 2-5s.
One Mile Run...	10 2-5s.	4m. 40 2-5s.	F. V. McNair, Newport.	4m. 40 2-5s.
Eight Potato Race...		33 1-5s.	Robt. Brindle, Jr., Woonsocket.	33 1-5s.
Two Mile Relay...		8m. 13s.	J. T. Sering, L. Godboat, F. Oswald, H. Orchard, Army and Navy, Newport.	8m. 13s.
Double Kick...		7ft. 2in.	T. L. Freeborne, Newport.	7ft. 2in.
Putting 8-lb. Shot...		55 ft. 1in.	W. F. Wilkie, Army and Navy, Newport.	55 ft. 1in.

STATE RECORDS—PACIFIC SECTION

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	PACIFIC SECTION A. L. N. A. RECORDS
CALIFORNIA				
100 Yards Dash...	10 2-5s.		W. Smith, Pasadena.	10 2-5s.
220 Yards Dash...	24s.		W. Smith, Pasadena.	24s.
Half Mile Run...	2m. 3s.		B. Dodd, Long Beach.	2m. 3s.
One Mile Run...	5m. 18s.		F. L. Morrill, Los Angeles.	5m. 18s.
One Mile Relay...	3m. 36 1-5s.		P. Smith, E. Millsap, E. Kern, E. Gibbs, Los Angeles.	3m. 36 1-5s.
Two Mile Run...		10m. 19 2-5s.	Wm. H. Quinn, San Francisco.	10m. 19 2-5s.
60 Yards Potato Race...		14 4-5s.	Wm. Lohse, San Francisco.	
			Otto Reichenbach, San Francisco.	
			H. J. Smith, San Francisco.	
220 Yards Potato Race...	59 4-5s.		Otto Reichenbach, San Francisco.	14 4-5s.
Quarter Mile Potato Race...	1m. 38 3-5s.		L. H. Perkins, San Francisco.	59 4-5s.
				1m. 38 3-5s.

STATE RECORDS—PACIFIC SECTION—CONTINUED

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	PACIFIC SECTION A. L. N. A. RECORDS
CALIFORNIA—Continued				
220 Yards Low Hurdle.....	27s.	5ft. 1-8in.	Eugene Kern, Pasadena.	27s. 1-8in.
Standing High Jump.....		10ft. 7in.	R. M. Leggett, San Francisco.	10ft. 7in.
Three Standing Broad Jumps...		31ft. 9 1-2in.	A. M. Bohnert, San Francisco.	31ft. 9 1-2in.
Running Broad Jump.....	21ft. 11 5-8in.	5ft. 10 5-8in.	H. Hendrick, Pasadena.	21ft. 11 5-8in.
Running High Jump.....	6ft. 5-8in.	8ft. 6 1-2in.	E. Gibbs, Pasadena.	5ft. 10 5-8in.
Run. High Dive from Springboard	10ft. 4 1-8in.	7ft.	A. M. Bohnert, San Francisco.	6ft. 5-8in.
Pole Vault for Height.....	90ft.	44ft.	R. C. Merritt, San Francisco.	8ft. 6 1-2in.
Fence Vault.....			C. Stewart, San Francisco.	10ft. 4 1-8in.
Putting 12-lb. Shot.....			R. E. Squire, Los Angeles.	7ft.
12-lb. Hammer (without turn) ..			{D. B. Cromwell, Los Angeles.	44ft.
			{W. E. Dooling, San Francisco.	90ft.
			C. S. Dole, San Francisco.	
WASHINGTON				
Fence Vault.....		6ft. 10in.	Geo. McKivor, North Yakima.	6ft. 10in

STATE RECORDS—PACIFIC NORTHWEST SECTION

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	PACIFIC NORTHWEST SECTION A. L. N. A. RECORDS
OREGON				
440 Yards Dash.....	1m. 3 2-5s.	1m. 3 2-5s.	T. Healey, Portland.	1m. 3 2-5s.
Half Mile Run.....	2m. 16 3-5s.	2m. 16 3-5s.	J. A. Wilcox, Portland.	2m. 16 3-5s.
One Mile Run.....	5m. 25s.	5m. 25s.	T. Healey, Portland.	5m. 25s.
Running High Dive.....	5ft. 11in.	5ft. 11in.	S. Beck, Portland.	5ft. 11in.
Running High Kick.....	8ft. 5 1-2in.	8ft. 5 1-2in.	A. W. Barber, Portland.	8ft. 5 1-2in.
Running Long Dive.....	13ft. 5 1-2in.	13ft. 5 1-2in.	S. Beck, Portland.	13ft. 5 1-2in.
Run. High J'p from Springboard.	7ft. 6 1-4in.	7ft. 6 1-4in.	J. A. Wilcox, Portland.	7ft. 6 1-4in.
Fence Vault.....	6ft. 3in.	6ft. 3in.	V. Paquet, Portland.	6ft. 10in.
Putting 12-lb. Shot.....	42ft. 11in.	42ft. 11in.	H. Bailey, Portland.	42ft. 11in.

STATE RECORDS—SOUTHERN SECTION

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	SOUTHERN SECTION A. L. N. A. RECORDS
VIRGINIA				
Eight Potato Race.....		35s.	C. Borjes, Norfolk.	35s.
Standing Broad Jump.....		9ft. 11in.	D. M. Etheridge, Norfolk.	9ft. 11in.
Two Standing Broad Jumps.....		20ft. 10in.	H. M. Quinn, Navy, Norfolk.	20ft. 10in.
Three Standing Broad Jumps.....		31ft. 1-2in.	H. M. Quinn, Navy, Norfolk.	31ft. 1-2in.
Standing High Jump.....		4ft. 6 1-4in.	E. C. Biebaute, Navy, Norfolk.	4ft. 6 1-4in.
Standing Hop, Step and Jump.....		27ft. 4in.	H. M. Quinn, Navy, Norfolk.	27ft. 4in.
Running High Jump.....		5ft. 6 1-4in.	J. K. Smith, Norfolk.	5ft. 6 1-4in.
Running Broad Jump.....		18ft. 3in.	S. Biebaute, Navy, Norfolk.	18ft. 3in.
Running High Dive.....		5ft. 8 3-4in.	{ J. K. Smith, Norfolk. C. Borjes, Norfolk.	
Putting 12-lb. Shot.....		42ft. 3in.	C. M. Etheridge, Norfolk.	5ft. 8 3-4in. 42ft. 3in.
Putting 16-lb. Shot.....		35ft. 5in.	D. M. Etheridge, Norfolk.	35ft. 5in.

STATE RECORDS—SOUTHWESTERN SECTION

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	SOUTH- WESTERN SECTION A. L. N. A. RECORDS
LOUISIANA				
Half Mile Run.....		2m. 14 4-5s.	L. L. Bailey, New Orleans.	2m. 14 4-5s.
Three-quarter Mile Run.....		3m. 52 2-5s.	J. Dawkins, Monroe.	2m. 42 1-5s.
One Mile Run.....		10ft. 3 1-4in.	H. Monroe, New Orleans.	3m. 52 2-5s.
Standing Broad Jump.....		26ft.	P. Weeks, Monroe.	5m. 45s.
Standing Hop, Step and Jump.....		6ft. 11in.	R. R. Shubert, New Orleans.	10ft. 3 1-4in.
Fence Vault.....		41ft. 7in.	R. Everard, New Orleans.	26ft.
120 Yards Hurdles.....			L. C. Everard, New Orleans.	6ft. 11in.
Putting 12-lb. Shot.....		30ft. 10in.	L. H. Casper, Monroe.	21 2-5s.
Putting 16-lb. Shot.....		88ft. 3in.	G. Queyrouze, New Orleans.	41ft. 7in.
16-lb. Hammer (with turn).....		83ft. 10in.	L. A. Davis, Monroe.	88ft. 10in.
Discus.....			L. A. Davis, Monroe.	83ft. 10in.
TEXAS				
50 Yards Dash.....		5 3-5s.	B. G. Leake, Fort Worth.	5 3-5s.
100 Yards Dash.....		10 1-5s.	B. G. Leake, Fort Worth.	10 1-5s.
440 Yards Dash.....		56s.	E. Slaughter, Dallas.	56s.

STATE RECORDS—SOUTHWESTERN SECTION—CONTINUED.

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	SOUTH- WESTERN SECTION A. L. N. A. RECORDS
TEXAS—Continued				
Quarter Mile Potato	10ft. 8 3-4in.	1m. 44 4-5s.	G. Goldthwaite, Galveston.	1m. 44 4-5s.
Standing Broad Jump		20ft. 9in.	C. M. King, Dallas.	10ft. 8 3-4in.
Two Standing Broad Jumps		27ft. 10 1-2in.	F. R. Thomas, Galveston.	20ft. 9in.
Three Standing Broad Jumps			T. H. Phillips, Galveston.	27ft. 10 1-2in.
Standing High Jump	33ft. 9in.		C. M. King, Dallas.	33ft. 9in.
Running Broad Jump	4ft. 10in.		C. M. King, Dallas.	4ft. 10in.
Running High Jump	20ft. 1-2in.	5ft. 2in.	C. M. King, Dallas.	20ft. 1-2in.
Fence Vault		7ft. 6in.	{ F. C. Kendall, Houston.	5ft. 2in.
Run. High J'p from Springboard.		6ft. 9 3-4in.	Geo. M. Thomas, Galveston.	7ft. 6in.
Running High Dive		5ft. 1in.	J. M. Frick, Dallas.	6ft. 9 3-4in.
Running High Kick		8ft. 7in.	C. L. Hutchinson, Galveston.	5ft. 1in.
Running Hitch and Kick		8ft. 3 1-2in.	J. M. Frick, Dallas.	8ft. 7in.
Double Kick		7ft. 2 3-4in.	C. B. McConnell, Dallas.	8ft. 3 1-2in.
Pole Vault for Height	9ft. 6in.	9ft. 2in.	P. F. Prather, Dallas.	7ft. 2 3-4in.
12-lb. Hammer (without turn) ..	91ft. 9 1-2in.		T. C. Kendall, Houston.	9ft. 2in.
12-lb. Hammer (with turn)	113ft. 1in.		B. G. Leake, Fort Worth.	9ft. 6in.
			R. C. Ledbetter, Dallas.	91ft. 9 1-2in.
			A. Heatherly, Galveston.	113 ft. 1in.

STATE RECORD—WESTERN SECTION

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	WESTERN SECTION A. L. N. A. RECORDS
COLORADO				
50 Yards Swim		27s.	N. Bartells, Denver.	27s.

Records of the Athletic League of the Y. M. C. A. of Canada

Accepted by the Governing Committee October 29, 1910

EVENT.	Time or Distance.	MADE BY	Association or Club.	DATE.	PLACE.	REMARKS.
RUNNING—						
100 yards.....	.09 4-5	R. Kerr.	Hamilton Y.M.C.A.	Sept. 26, 1908.	Varsity Track, Toronto	At 5th Y.M.C.A. Championships
220 yards.....	.21 3-5	R. Kerr.	Hamilton Y.M.C.A.	Sept. 26, 1908.	Varsity Track, Toronto	At 5th Y.M.C.A. Championships
440 yards.....	.51 3-5	L. J. Sebert.	Toronto W.E. Y.M.C.A.	Sept. 26, 1908.	Varsity Track, Toronto	At 5th Y.M.C.A. Championships
880 yards.....	1.57	A. M. Knox.	Toronto Cent. Y.M.C.A.	July 23, 1910.	Scarboro Beach, Toronto	At Toronto Cent. YMCA. Games
1 mlie.....	4.32	Charles Skene.	Toronto W.E. Y.M.C.A.	Sept. 26, 1908.	Varsity Track, Toronto	At 5th Y.M.C.A. Championships
2 miles.....	10.37 4-5	Alf. Sellers.	Toronto Cent. Y.M.C.A.	Sept. 30, 1905.	Hanlans Point, Toronto	At Penman Games
5 mles.....	26.19 3-5	F. Meadows.	Toronto W.E. Y.M.C.A.	Sept. 26, 1908.	Varsity Grounds, Toronto	At 5th Y.M.C.A. Championships
WALKING—						
1 mlie.....	6.40 2-5	G. H. Goulding.	Toronto Cent. Y.M.C.A.	July 23, 1910.	Scarboro Beach, Toronto	At Toronto Cent. YMCA. Games
3 miles.....	21.35	G. H. Goulding.	Toronto Cent. Y.M.C.A.	July 23, 1910.	Scarboro Beach, Toronto	At Toronto Cent. YMCA. Games (Also Canadian Record.)
JUMPING—						
Running, High.....	5.10	C. H. Barber.	Toronto Cent. Y.M.C.A.	July 6, 1907.	Driving Park, Hamilton	At Penman Games
Running, Broad.....	21.10	C. D. Bricker.	Toronto W.E. Y.M.C.A.	Sept. 18, 1909.	Scarboro Beach, Toronto	At 6th Y.M.C.A. Championships
Run'g Hop-Step-Jump	43.9	C. D. Bricker.	Toronto W.E. Y.M.C.A.	Sept. 18, 1909.	Scarboro Beach, Toronto	At 6th Y.M.C.A. Championships
Pole Vault.....	11.6 1-2	E. B. Archibald.	Toronto W.E. Y.M.C.A.	Aug. 5, 1907.	Exhibition Grounds, Ottawa	At 4th Y.M.C.A. Championships
WEIGHTS—						
Putting 16-lb. Shot....	33.9 1-2	W. R. Knox.	Toronto Cent. Y.M.C.A.	Oct. 6, 1906.	Brittania Park, Hamilton	At 3rd Y.M.C.A. Championships
Putting 12-lb. Shot....	49.6 1-4	W. R. Knox.	Toronto Cent. Y.M.C.A.	Aug. 9, 1906.	Orillia	At Penman Games
Throw'g 16-lb. Ham'r.	123.6	W. G. Madill.	Toronto W.E. Y.M.C.A.	Oct. 6, 1906.	Brittania Park, Hamilton	At 3rd Y.M.C.A. Championships
Throw'g 12-lb. Ham'r.	162.5	E. B. Archibald.	Toronto W.E. Y.M.C.A.	Sept. 5, 1910.	Riverside Park, Peterboro	At Penman Games
Discus	109.5	Dr. R. Frank.	Toronto W.E. Y.M.C.A.	Sept. 18, 1909.	Scarboro Beach, Toronto	At 6th Y.M.C.A. Championships
Javelin	132.10	E. Harding.	Toronto W.E. Y.M.C.A.	Sept. 18, 1909.	Scarboro Beach, Toronto	At 6th Y.M.C.A. Championships
HURDLES—						
120 yards.....	.16 3-5	W. R. Worthington.	Toronto W.E. Y.M.C.A.	Aug. 24, 1907.	Brittania Park, Hamilton	At Penman Games
220 yards.....	.27 1-5	C. H. Barber.	Toronto Cent. Y.M.C.A.	Sept. 18, 1909.	Scarboro Beach, Toronto	At 6th Y.M.C.A. Championships

Athletic Rules

OF THE

ATHLETIC LEAGUE OF THE YOUNG MEN'S CHRISTIAN ASSOCIATIONS OF NORTH AMERICA.

RULE I. OFFICIALS.

Section 1. All amateur meetings shall be under the direction of a—

Games Committee,
One Referee,
Two or more Inspectors,
Three Judges at Finish,
Three or more Field Judges,
One or more Relay Judges,
Three or more Timekeepers,
One Judge of Walking,
One Starter.
One Clerk of the Course,
One Scorer,
One Marshal.

Section 2. If deemed necessary, assistants may be provided for the Judge of Walking, Clerk of the Course, the Scorer and the Marshal, and an official announcer may be appointed.

RULE II. THE GAMES COMMITTEE.

All athletic games must be under the immediate direction of a committee of this League, or of one of the Associations in this League.

This committee shall have jurisdiction over all matters not assigned by these rules to the officials of the Executive Committee.

They shall make arrangements for the games, grounds, officials, expenses, advertising, etc.

RULE III. THE REFEREE.

The Referee shall decide all questions relating to the actual conduct of the meeting whose final settlement is not otherwise covered by these rules.

He alone shall have the power to change the order of events as laid down in the official programme, and to add to or to alter the announced arrangement of heats in any event. A Referee has no authority, after heats have been duly drawn and published in a programme, to transfer a contestant from one heat to another.

When in any but the final heat of a race a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and shall also have the power to allow the hindered competitor to start in the next round of heats just as if he had been placed in his trial.

When in a final heat a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and he shall also have the power to order a new race between such of the competitors as he thinks entitled to such a privilege.

If, during any athletic contest, under the rules of the A. L. N. A., a competitor conducts himself in a manner unbecoming a gentleman, or offensive to the officials, spectators, or competitors, the Referee shall have the power to disqualify him from further competition at the meeting; and if he thinks the offense worthy of additional punishment, shall promptly make a detailed statement of the facts to the Executive Committee.

RULE IV. THE INSPECTORS.

It shall be the duty of an Inspector to stand at such point as the Referee may designate; to watch the competition closely, and in case of a claim of foul to report to the Referee what he saw of the incident.

Such Inspectors are assistants to the Referee, to whom they shall report, and have no power to make any decisions.

RULE V. THE JUDGES AT FINISH

Two shall stand at one end of the tape and two at the other. One shall take the winner, another the second man, another the third man, and the other the fourth. In case of disagreement, the majority shall decide. Their decision as to the order in which the men finished shall be final and without appeal.

RULE VI. THE FIELD JUDGES

shall make an accurate measurement, and keep a tally of all competitors in the high and broad jumps, the pole vault, and the weight competitions.

They shall act as judges of these events, and their decision shall likewise be without appeal. In case of disagreement a majority shall govern.

RULE VII. THE TIMEKEEPERS

shall be three in number. They shall individually time all events where time record is required, and determine among themselves and announce the official time of each heat or race.

Should two of the three watches mark the same time and the third disagree, the time marked by the two watches shall be accepted. Should all three disagree, the time marked by the intermediate watch shall be accepted.

The *flash* of the pistol shall denote the actual time of starting. If, for any reason, only two watches record the time of an event, and they fail to agree, the longer time of the two shall be accepted.

NOTE.—For record, however, three watches must be held on an event. See by-laws, section II, paragraph 2.

RULE VIII. THE STARTER

shall have sole jurisdiction over the competitors after the clerk of the course has properly placed them in their positions for the start.

The method of starting shall be by pistol report, except that in time handicap races the word "go" may be used.

An actual start shall not be effected until the pistol has been *purposely* discharged after the competitors have been warned to get ready.

In case the pistol was not purposely discharged the competitors shall be called back by the Starter by pistol fire. (Note.—the Starter must have at least two good cartridges in his pistol before starting a heat or race.)

When any part of the person of a competitor shall touch the ground in front of his mark before the starting signal is given it shall be considered a false start.

Penalties for false starting shall be inflicted by the Starter as follows:

In all races up to and including 125 yards, the competitor shall be put back one yard for the first and another yard for the second attempt; in races over 125 yards and including 300 yards, two yards for the first and two more for the second attempt; in races over 300 yards and including 600 yards, three yards for the first and three more for the second attempt; in races over 600 yards and including 1,000 yards, four yards for the first and four more for the second attempt; in races over

1,000 yards and including one mile, five yards for the first and five more for the second attempt; in all races over one mile, ten yards for the first and ten more for the second attempt. In all cases the third false start shall disqualify the offender from that event.

The Starter shall also rule out of that event any competitor who attempts to advance himself from his mark, as prescribed in the official programme, after the Starter has given the warning to "get ready."

RULE IX. THE CLERK OF THE COURSE

shall be provided with the names and the numbers of all entered competitors, and shall notify them to appear at the starting line before the start in each event in which they are entered.

In case of handicap events from marks, he shall place each competitor behind his proper mark; shall immediately notify the Starter should any competitor attempt to advance himself after the Starter has warned them to "get ready;" and in time allowance handicaps shall furnish the Starter with the number and time allowance of each actual competitor.

He shall control his assistants, and assign to them such duties as he may deem proper.

RULE X. THE JUDGE OF WALKING

shall have sole power to determine the fairness or unfairness of walking, and his rulings thereon shall be final and without appeal. He shall caution any competitor whenever walking unfairly, the third caution to disqualify, except that he shall immediately disqualify any competitor when walking unfairly during the last 220 yards of a race. He shall control his assistants, and assign to them such of his duties as he may deem proper.

RULE XI. THE SCORER

shall record the order in which each competitor finishes his event, together with the time furnished him by the Timekeepers.

He shall keep a tally of the laps made by each competitor in races covering more than one lap, and shall announce by means of a bell, or otherwise, when the leading man enters the last lap.

He shall control his assistants, and assign to them such of his duties as he may deem proper.

In all track competition run in lanes the choice of lanes shall be drawn for in each heat; in all other track competitions the positions shall be numbered from the curb or pole and shall be drawn for according to clubs in scratch events, and in handi-

cap events the competitors shall be allotted their positions by the Clerk of the Course.

RULE XII. THE MARSHAL

shall have full police charge of the enclosure, and shall prevent any but officials and actual competitors from entering or remaining therein.

He shall control his assistants, and assign to them their duties.

RULE XIII. THE OFFICIAL ANNOUNCER

shall receive from the Scorer and Field Judges the result of each event, and announce the same by voice or by means of a bulletin board.

RULE XIV. TRAINERS AND HANDLERS

shall not be allowed within the centre field or inner circle, or on the track immediately prior to or during competitions except in distance races of five miles or over.

RULE XV. COMPETITORS

shall report to the Clerk of the Course immediately upon their arrival at the place of meeting, and shall be provided by that official with their proper numbers, which must be worn conspicuously by the competitors when competing, and without which they shall not be allowed to start.

Each competitor shall inform himself of the time of starting, and shall be promptly at the starting point of each competition in which he is entered, and there report to the Clerk of the Course.

Under no condition shall any attendants be allowed to accompany competitors at the start or during any competition, except in match races, where special agreement may be made.

RULE XVI. PROTESTS

against any entered competitor may be made verbally or in writing to the Games Committee or any member thereof before the meeting, or to the Referee during the meeting. If possible, the committee or Referee shall decide such protests at once. If the nature of the protest or the necessity of obtaining testimony prevents an immediate decision, the competitor shall be allowed to compete under protest, and the protest shall be decided by the Games Committee within one week, unless its subject be the amateur standing of the competitor, in which case the Games Committee must report such protest within forty-eight hours to the Secretary of the Federation of which he is a member or in the absence of such Federation to the Executive Committee.

RULE XVII. TRACK MEASUREMENT.

All distances run or walked shall be measured with steel measure upon a line of eighteen inches outward from the inner edge of the track, except that in races on straightaway tracks the distance shall be measured in a direct line from the starting mark to the finishing line. Indoor padded tracks shall be measured upon a line following the centre of the padding. The committee reserve the right to require in case a record is claimed the sworn statement of a civil engineer regarding the measurement of the course.

RULE XVIII. THE COURSE.

Each competitor shall keep in his respective position from start to finish in all races on straightaway tracks, and in all races on tracks with one or more turns he shall not cross to the inner edge of the track, except when he is at least six feet in advance of his nearest competitor. After turning the last corner into the straight in any race, each competitor must keep a straight course to the finish line, and not cross, either to the outside or the inside, in front of any of his opponents.

In all championship races, at any distance under and including 300 yards, each competitor shall have a separate course, properly roped, staked, and measured, whether the race be run on a straight path or around one or more curves.

The Referee shall have power to disqualify from that event any competitor who wilfully pushes against, impedes, crosses the course of, or in any way interferes with another competitor.

The Referee shall have power to disqualify from further participation in the games any contestant competing in order to lose, to coach, or to in any way impede chances of another competitor either in a trial or final contest.

RULE XIX. THE FINISH.

1. The finish line shall be a line on the ground drawn across the track from finish post to finish post, and the men shall be placed in the order in which any part of their bodies (i.e., "torso," as distinguished from the head, arms, feet or hands) crosses such line.

2. For the purpose of aiding the judges, but not as a finish line, there shall be stretched across the track at the finish, four feet above the ground, a worsted string which shall not be held by the judges, but fastened to the finish post at either side, so that it will always be at right angles to the course and parallel to the ground.

3. No competitor shall be considered to have finished unless his entire body shall have crossed the line.

RULE XX. HURDLES.

1. Different heights, distances and number of hurdles may be selected for hurdle races. The width shall not be less than 4 feet. The extreme length of the base for the uprights shall not be less than 19.685 inches. The total weight of the hurdle shall not be less than 15.45 pounds.

2. In the 120 yards hurdle race, each hurdle shall be 3 feet 6 inches high. They shall be placed 10 yards apart, with the first hurdle 15 yards distant from the starting point, and the last hurdle 15 yards before the finishing line. In the 220 yards hurdle race 10 hurdles shall be used, each hurdle to be 2 feet 6 inches high. They shall be placed 20 yards apart, with the first hurdle 20 yards distant from the starting mark, and the last hurdle 20 yards before the finishing line.

3. In the 440 yards hurdle race 10 hurdles shall be used, each hurdle to be 3 feet in height. The first hurdle shall be placed 40 yards from the scratch mark, the remaining hurdles shall be placed 40 yards apart, and the distance from the last hurdle to the finishing line shall be 40 yards.

4. In the 110 meter hurdle race there shall be 10 hurdles, each hurdle 1.06 meters (3 feet 6 inches) high. The distance from the scratch mark to the first hurdle shall be 13.72 meters (15 yards); the remaining hurdles shall be placed 9.14 meters (10 yards) apart, and the distance from the last hurdle to the winning post shall be 14.02 meters (46 feet).

5. In the 400 meter hurdle race, there shall be 10 flights of hurdles, each hurdle to be 3 feet in height. The first hurdle shall be placed 45 meters (49.213 yards) from the scratch mark, the remaining hurdles shall be placed 35 meters (38.277 yards) apart, and the distance from the last hurdle to the winning post shall be 40 meters (43.745 yards).

6. In hurdle races of other distances, and with different numbers of hurdles, the hurdles shall be placed at equal intervals, with the same distance between the first hurdle and the starting point and the last hurdle and the finishing line as between each of the hurdles.

7. In making a record it shall be necessary for the competitor to jump over every hurdle in its proper position, and no record shall be allowed unless all the hurdles remain standing after the competitor clears them.

8. A competitor knocking down three or more hurdles or any portion of three or more hurdles in a race shall be disqualified. A competitor who runs around or trails his leg or foot alongside any hurdle shall be disqualified.

9. In all championship hurdle races of the Athletic League, or any of its Associations, up to and including 300 yards, each competitor shall have separate hurdles and a separate course marked out and measured independently, whether races are run straightaway or with turns.

RULE XXI. MARATHON RACE.

1. The Marathon Race shall be run on high roads. The start and finish may be on the athletic grounds.

2. Each competitor must send with his entry a medical certificate, from a physician of standing, certifying to his fitness to take part in a race of this kind.

3. No competitor, either at the start or during the progress of the race, may take any so-called drugs on pain of immediate disqualification.

4. A competitor must at once retire from the race if ordered to do so by a member of the medical staff, officially appointed.

RULE XXII. RELAY RACES.

1. A line shall be drawn 10 yards on each side of the starting line of each relay to be known as the starting zone. Within this zone each runner must pass the baton to the succeeding runner. No member of a relay team in order to relieve his team mate can run outside of such zone. The baton must be passed, not thrown or dropped by a competitor and picked up by the one succeeding him. Violation of any of these rules by any competitor shall disqualify the team.

2. No man can run two relays in any one team.

3. The composition of a team cannot be changed after a trial heat has been run. No change can be made in the order of running, except in relay races where each competitor runs the same distance.

4. The positions of the teams must be drawn for.

5. In all relay races an announcement must be made as to the distance each competitor is to run in his relay. Any competitor failing to run the distance required shall cause his team to be disqualified.

6. In the case of a handicap relay race the runner on the first relay is allowed the total handicap allowed each team.

RULE XXIII. TEAM RACES.

1. Track team races may be divided, if necessary, into trial heats and a final heat.

RULE XXIV. CROSS-COUNTRY RACE.

1. The race shall be cross-country on a course properly marked and surveyed. The start and finish may be within the athletic grounds.

2. The course must be properly marked, preferably with red flags to the left and white flags to the right, which must be observable from a distance of 125 yards. In all other respects the rules governing track competitions shall apply.

RULE XXV. STEEPLECHASE RACE.

1. There shall be five jumps, including a water jump, to each quarter mile.

2. The hurdles shall be not more than 3 feet high. The hurdles at the water jump shall be firmly fixed.

3. Each competitor shall go over or through the water, and any one who steps to one side or the other of the jump shall be disqualified. The competitor must clear each jump, but may vault each obstacle.

RULE XXVI. WALKING.

1. Walking is a succession of steps and, in contradistinction to running (wherein both feet may be off the ground at the same time), in walking there must always be contact with the ground with some portion of one of the feet.

2. In track races the following code of rules governing walking must be adhered to, or else disqualification will ensue:

(a) Leg Action—As the foremost foot in taking a step touches the ground, the knee must not be bent. The heel must touch the ground first and the toe be the last portion of the foot to leave it. It is imperative that the heel of the foremost foot must touch the ground before the toe of the other foot ceases to have contact with it.

(b) Carriage of Body—The body must be kept strictly upright.

NOTE.—Discretionary power is given to the judge or judges of walking to decide whether, in the event of the body being inclined forward, such attitude is the result of fatigue or arises from some cause beyond the control of the competitor; and if it be, and he or they are convinced that the rule has been broken for such reason only, and that the competitor is still walking fairly otherwise, disqualification need not necessarily follow from this cause alone.

(c) Carriage of Arms—The arms may be held in any way the walker likes, but it is advised that they be carried well up.

3. A disqualified competitor must at once leave the track.

RULE XXVII. TIES.

In all contests whose results are determined by measurement of height or distance, ties shall be decided as follows:

In handicap contests the award shall be given to the competitor who received the least allowance. In case of a tie between two or more competitors who received the same allowance, the decision shall be made as in scratch contests.

In case of a tie in a scratch contest at high jumping or vaulting, the tying competitors shall have three additional trials at the height last tried, and, if still undecided, the bar shall be lowered two inches in the high jump and four inches in the pole vault, and three trials taken at that height. If no one clears it, the bar shall be lowered again and again until one of the competitors clears it. In case of a second tie, the award shall be given to the competitor who cleared the bar with the least number of trials.

In case of a tie in the pole vault the officials shall raise or lower the bar at their discretion, and those competitors who have tied shall be allowed one trial at each height.

In handicaps, where a tie occurs, the scratch man or man with the smallest allowance shall be given the place.

In case of a tie in a scratch contest at any game decided by distance, each of the tying competitors shall have three additional trials, and the award shall be made in accordance with the distance cleared in these additional trials. In case of a second tie three more trials shall be allowed, and so on, until a decision is reached. In case of a dead heat in any track events, the competitors shall not be allowed to divide the prize or points, or to toss for them, but must compete again at a time and place appointed by the Referee.

ORDER OF COMPETITION IN FIELD EVENTS.

In all scratch events the competitors shall take their trials in the order of their names as printed in the programme.

In all handicap events the competitor having the greatest allowance shall make the first trial, and so on, in regular order, up to the competitor at scratch or with least allowance, who shall have the last trial.

RULE XXVIII. JUMPING.

SECTION 1. A fair jump shall be one that is made without the assistance of weights, diving, somersaults or hand springs of any kind. Displacing the bar constitutes a trial. (See page 88 for description of jumping standards.)

THE RUNNING HIGH JUMP.

SEC. 2. The Field Judges shall decide the height at which the jump shall commence, and shall regulate the succeeding elevations.

Each competitor shall be allowed three trial jumps at each height, and if on the third trial he shall fail, he shall be declared out of the competition. The best four shall each have three more trial jumps.

At each successive height each competitor shall take one trial in his proper turn, then those failing, if any, shall have their second trial jump in a like order, after which those having failed twice shall make their third trial jump.

The jump shall be made over a bar resting on pins projecting not more than three inches from the uprights, and when this bar is removed from its place it shall be counted as a trial jump.

The bar shall not be more than one inch square in section and of uniform thickness throughout.

Running under the bar in making an attempt to jump shall be counted as a "balk," and three successive "balks" shall be counted as a trial jump.

The distance of the run before the jump shall be unlimited.

A competitor may decline to jump at any height in his turn, and, by so doing, forfeits his right to again jump at the height declined.

SEC. 3. *The Standing High Jump.* The feet of the competitor may be placed in any position, but shall leave the ground only once in making an attempt to jump. When the feet are lifted from the ground twice, or two springs are made in making the attempt, it shall count as a trial jump without result. A competitor may rock forward and back, lifting heels and toes alternately from the ground, but may not lift either foot clear from the ground or slide it along the ground in any direction. With this exception, the rules governing the Running High Jump shall also govern the Standing High Jump.

SEC. 4. *The Running Broad Jump.* The take-off board shall be made of wood. The board shall measure not less than 4 feet (1.219 meters) long, 8 inches (203.196 millimeters) wide, and 4 inches (101.598 millimeters) high. The board shall be painted white. The outer edge of this joist shall be called the scratch line, and the measurement of all jumps shall be made from it at right angles to the nearest break in the ground made by any part of the person of the competitor.

In front of the scratch line the ground shall be flush.

A foul jump shall be one where any part of the competitor's foot is over the scratch line in taking off, or where the competitor runs over the line without jumping, and shall count as a trial jump without result.

Each competitor shall have three trial jumps, and the best four shall each have three more trial jumps.

The competition shall be decided by the best of all the trial jumps of the competitors.

The distance of the run before the scratch line shall be unlimited. When this event is conducted indoors the same take-off shall be used as for the Standing Broad Jump. The alighting shall be on a 4-inch mat or two 2-inch mats laid one on top of the other. The mats shall be securely fastened together and so fastened as to prevent their sliding, except it shall not be covered with a rubber strip as specified for the Standing Broad Jump.

SEC. 5. *The Pole Vault.* The height of the bar at starting and at each successive elevation shall be determined by the officials.

Three trials allowed at each height. Each competitor shall make an attempt in the order in which his name appears on the programme, then those who have failed shall have a second trial in regular order, and those failing on this trial shall take their final trial.

Displacing the bar counts as a try.

A line shall be drawn fifteen feet in front of the bar and parallel with it; crossing this line in an attempt shall be a balk. Two balks constitute a try.

Leaving the ground in an attempt shall constitute a try.

A competitor may omit his trials at any height, but if he fail at the next height he shall not be allowed to go back and try the height he omitted.

The poles shall have no assisting devices, except that they may be wound or wrapped with any substance for the purpose of affording a firmer grasp, and may have one spike at the lower end. No competitor shall, during his vault, raise the hand which was uppermost when he left the ground to a higher point on the pole, nor shall he raise the hand which was undermost when he left the ground to any point on the pole above the other hand.

Poles shall be furnished by the club giving the games, but contestants may use their private poles if they so desire, and no contestant shall be allowed to use any of these private poles except by the consent of their owners. The poles shall be unlimited as to size and weight.

Any competitor shall be allowed to dig a hole not more than one foot in diameter at the take-off in which to plant his pole.

In case of a tie the officials shall raise or lower the bar at their discretion, and those competitors who have tied shall be allowed one trial at each height.

In handicaps where a tie occurs, the scratch man or man with the smallest allowance shall be given the place.

The rule governing the Running Broad Jump shall also govern the Pole Vault for distance, except that when the man leaves the ground in an attempt, it shall be counted a trial.

SEC. 6. *The Standing Broad Jump.* The feet of the competitor may be placed in any position, but shall leave the ground only once in making an attempt to jump. When the feet are lifted from the ground twice, or two springs are made in making the attempt, it shall count as a trial jump without result. A competitor may rock forward and back, lifting heels and toes alternately from the ground, but may not lift either foot clear of the ground, or slide it along the ground in any direction. In all other respects the rule governing the Running Broad Jump shall also govern the Standing Broad Jump.

SEC. 7. *The Three Standing Broad Jumps.* The feet of the competitor shall leave the ground only once in making an attempt for each of the three jumps, and no stoppage between jumps shall be allowed. In all other respects the rules governing the Standing Broad Jump shall also govern the Three Standing Broad Jumps.

SEC. 8. *Running Hop, Step and Jump.* The competitor shall first land upon the same foot with which he shall have taken off. The reverse foot shall be used for the second landing, and both feet shall be used for the third landing. In all other respects the rules governing the Running Broad Jump shall also govern the Running Hop, Step and Jump.

SEC. 9. *The Two Standing Broad Jumps.* The rules as outlined for three jumps shall govern, except that the individual shall take but two jumps.

SEC. 10. *Standing Hop, Step and Jump.* The contestant shall stand upon one foot; shall spring therefrom, alighting upon the same. He shall then take a step and then a jump. With this exception, the rule for the Three Broad Jumps shall apply.

When the above events (sections 6, 7, 8, 9, 10) are conducted indoors the take-off shall be from the high edge of a regulation beat board, which shall not exceed five inches in height from the floor, said take-off to be securely fastened to the floor. The alight shall be upon a regular two-inch gymnasium mat and covered with a strip of rubber carpet two feet wide and of sufficient length to extend beyond the possible jump of the best contestant, the near end of the rubber strip to be fastened to the take-off board. NOTE.—A most satisfactory way to fasten the take-off board to the floor is to have four steel pins drop through holes in each corner of the board and into four sockets in the floor. The rubber strips can be fastened by the pins used in fastening this board passing through the rubber carpet.

SEC. 11. *Running High Dive.* The contestant shall spring from the floor, pass head foremost over the stick. He may land on the floor or mat, he cannot be caught by an assistant.

SEC. 12. *Running High Jump from Springboard.* The highest point of the springboard shall not be more than twenty inches from the floor. In all other respects the rules governing the Running High Jump shall count.

SEC. 13. *Running High Dive from Springboard.* With the springboard as specified under Running High Jump from springboard. In other respects the rules for the Running High Dive shall apply.

When these events (sections 11, 12, 13) are contested indoors, the alight shall be upon a mat or mats, having a total thickness not to exceed 8 inches.

SEC. 14. *Running Long Dive.* The contestant, in alighting, shall strike his hands first, and shall then do a forward roll. In all other respects the rules for the Running Broad Jump shall apply. When this event is conducted indoors the take-off and alight shall be the same as for the Running Broad Jump.

RULE XXIX. THE SHOT.

The shot shall be a metal sphere with a brass shell filled with lead with a covering of any material, and the combined weight for championship contests shall be not less than 16 pounds. It is optional with the Games Committee of handicap meetings to offer competitions of shots weighing from 12 pounds upwards.

The shot shall be put with one hand, and in making the attempt it shall be above and not behind the shoulder.

All puts shall be made from a circle of band iron or steel, wood or rope, and shall measure not more than 7 feet (2.134 meters) inside diameter. When of metal the sides shall be $\frac{1}{4}$ inch (6.35 millimeters) thick by 3 inches (76.199 millimeters) high. When of wood the sides shall be 3 inches (76.199 millimeters) thick by 2 inches (50.799 millimeters) high. When of rope, the rope shall be 1 inch (25.4 millimeters) in diameter. The circle shall be painted white and sunk almost flush with the ground. The rope may be tarred as a means of preservation. It shall be divided into two halves by a line drawn through the center. In the middle of the circumference of the front half shall be placed a stop-board four feet long, four inches high, and firmly fastened to the ground. In making his puts, the feet of the competitor may rest against, but not on top, of this board.

A fair put shall be one in which no part of the person of the competitor touches the top of the stop-board, the circle or the

ground outside the circle, and the competitor leaves the circle by its rear half, which shall be the half directly opposite the stop-board. A put shall be foul if any part of the person of the competitor touch the ground outside the front half of the circle before the put is measured.

The measurement of each put shall be taken at the circle from the nearest mark made by the fall of the shot to the inside circumference of the circle on a line from the mark made by the shot to the center of the circle.

Foul puts and letting go the shot in making an attempt shall be counted as trial puts without result.

A board similar to the one in front may be used at the back of the circle.

The order of competing and number of trials shall be the same as for the running broad jump. Shots shall be furnished by the Games Committee. Any contestant may use his private shot, if correct in weight and shape; in which case the other contestants must also be allowed to use it if they wish.

RULE XXX. THROWING THE HAMMER.

SECTION 1. *With Turn.* The head shall be a metal sphere consisting of a brass shell filled with lead or cast gray iron and the handle shall be made of wire. Such wire must be best grade spring steel wire not less than $\frac{1}{8}$ of an inch in diameter, or No. 36 piano wire, the diameter of which is 102-1000 of an inch. The handle may be looped at one or both ends as a means of attachment. The grip may be either of single or double loop construction, but must be rigid and without hinging joints of any kind. The handle shall be connected to the head by means of a swivel which may be either plain or ball bearing. The grip shall be connected to the handle by means of a loop. A swivel may not be used. If a loop grip is used it must be of rigid construction. The length of the complete implement shall not be more than four feet, and its weight not less than sixteen pounds.

The competitor may assume any position he chooses, and use either one or both hands.

All throws shall be made from a circle seven feet in diameter, the circle to be a metal or wooden ring, painted or whitewashed and sunk almost flush with the ground.

A fair throw shall be where no part of the person of the competitor touches the circle or the ground outside the circle, and the competitor leaves the circle by its rear half, which shall be that directly opposite the half occupied by the competitor at the moment of delivery, and shall be designated by an imaginary line drawn through the center of the circle at right angles to the direction of the throw.

Foul throws and letting go of the hammer in an attempt shall count as trial throws.

The measurement of each throw shall be from the nearest mark made by the fall of the head of the hammer to the inside circumference of the circle, on a line from the mark to the center of the circle.

The number of trials and methods of decision shall be the same as in the running broad jump.

Hammers shall be furnished by the Games Committee. Any contestant may use his private hammer, if correct in weight and length; in which case the other contestants must also be allowed to use it if they wish.

SEC. 2. *Throwing the Hammer Without Turn.* The throw shall be made under all the conditions outlined in Throwing the Hammer with Turn, except that: The body of the contestant shall not make more than half a turn during the preliminary swings or the throw itself.

RULE XXXI. THROWING THE DISCUS.

The discus shall be composed of a metal rim, permanently attached to a wood body, brass plates set flush into the sides of the wood body and, in the exact center of the discus, a means for securing the correct weight. The brass plates shall be circular in form, having a diameter of not less than 2 inches (50.799 millimeters) nor more than $2\frac{1}{4}$ inches (57.149 millimeters). Each side of the discus shall be a counterpart of the other side and shall have no indentations, projecting points, or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a line a distance of not less than 1 inch (25.399 millimeters) from the center of the discus. The largest dimension shall be a circle not less than $8\frac{5}{8}$ inches (219.07 millimeters) in diameter. The thickness through the exact center, on a line perpendicular to the diameter, shall be not less than $1\frac{3}{4}$ inches (44.449 millimeters). The thickness at 1 inch (25.399 millimeters) from the center shall be exactly the same as at the center. The thickness of the rim at a distance of $\frac{1}{4}$ inch (6.35 millimeters) from the edge shall be not less than $\frac{1}{2}$ inch (12.70 millimeters). The edge shall be rounded on a true circle. The weight of the discus shall be not less than 4 lbs. 6.55 ozs. (2 kilograms) complete as thrown.

A discus shall be furnished by the Association or member thereof holding the games, but any competitor may use his own or any other competitor's discus, if such discus conforms with the rules in every respect.

The discus shall be thrown from a circle not to exceed 8 feet $2\frac{1}{2}$ inches in diameter. The circle and all the ground contained therein shall be at one level, and at no greater altitude than the ground upon which the discus is thrown.

The front half of the circle shall be designated by a line drawn through the center of the circle at right angles with the direction in which the throws are to be made.

Each competitor shall be allowed three throws, and the best four men shall each be allowed three more throws. Each competitor shall be credited with the best of all his throws.

Every throw shall count as one throw irrespective of whether the same be a fair throw or a foul throw.

It shall be a foul throw if the competitor, after he has stepped into the circle and started to make his throw, touches with any part of his body or clothing, the ground outside the circle before the discus strikes the ground. It shall also be a foul throw if the competitor, after the throw, touches, with any part of his body or clothing, the ground forward of the front half of the circle.

If, during the act of throwing the discus, and either before or after it leaves the hand of the competitor, the discus touches the ground, it shall count as a throw.

The measurements of each throw shall be made from the nearest mark made by the fall of the discus to the inside circumference of the circle, on a line from such mark made by the discus to the center of the circle.

RULE XXXII. THROWING THE DISCUS (GREEK STYLE).

See rule 31 for description of implement.

It shall be thrown from a square pedestal or box of dirt 30 inches long and 27 inches broad and sloping forward with a height of 2 inches in front and 8 inches behind. A whitewash line shall be drawn across the pedestal 15 inches from the front board, and in throwing, the competitor must keep his front or right foot forward of this line, with the left foot behind it. Another whitewash line shall be drawn parallel to the front board of the pedestal and extending 15 feet on each side or 30 feet in all. From the extreme ends of this line two lines shall be drawn, parallel and at right angles to the base line, out on the throwing ground for a distance of 130 feet. These lines shall form a boundary for the throws, and any throw falling on the outside to be declared foul.

To execute the throw, the competitor places himself in the pedestal with the feet apart, the right foot forward, provided he is right handed, and vice versa, if he is left handed, and holding

the discus in either hand. He then grasps it with both hands and raises it straight above his head. As the discus is held aloft the body should lean forward slightly, and as the thrower starts to make his effort the trunk should be turned slightly to the right and the body bent sharply so that the left hand when free swings outside and below the right knee and the right holding the discus is stretched as far back as the extension of the shoulder will allow. At this moment the right knee should be bent, with the foot resting full on the sole, the left leg almost straight, and the foot resting on the toes. Then, by a sharp and simultaneous exertion of the whole body, the thrower scales the discus away in front of him. The critical part of the throw is the action of the arm at the moment of delivery. The final sweep of the arm must be distinctly by the side and be clearly in an underhand direction. Round arm, like a cricket bowler, horizontal arch, or overarm swings to be foul. Neither must there be the least tendency of the arm to swing around the body.

The measurement of the throw to be from the center of the pedestal to where the discus first strikes the ground.

The thrower may leave the pedestal at the moment of throwing.

Trials and other conditions of competition to be the same as the 16-lb. hammer, shot, or 56-lb. weight.

RULE XXXIII. MEASUREMENTS.

In all weight events and broad jumps, that portion of the tape showing the feet and inches must be held by the official at the take-off or at the circle.

RULE XXXIV. THROWING THE JAVELIN.

(a) The Javelin shall be of wood with a sharp iron or steel point. The Javelin shall be constructed in such way that the space between the foremost point and the center of gravity is not longer than 1.203 yards (110 centimeters), or shorter than 2.953 feet (90 centimeters). It shall have, about the center of gravity, a grip formed by a binding 6.3 inches (16 centimeters) broad, of whipcord, without thongs or notches in the shaft, and shall have no other holding than the above mentioned binding, whose circumference at either edge shall not exceed the circumference of the shaft by more than .984 inch (25 millimeters). The length shall be not less than 8 feet $6\frac{3}{8}$ inches (260 centimeters) complete as thrown. The weight shall be not less than 1.76 pounds (800 grammes) complete as thrown.

Every competitor must throw with a javelin provided by the Committee.

(b) The throwing shall take place from behind a scratch line. The thrower may place his foot or feet upon the line, but if either foot passes the line entirely before the javelin first strikes the ground the throw is invalid.

(c) No throw shall be counted in which the point of the javelin does not strike the ground before any part of the shaft.

(d) It is open to the competitors to throw with either hand and with or without a run.

(e) The throw is measured from the point at which the point of the javelin first strikes the ground perpendicularly to the scratch line, or the scratch line produced.

The javelin must be held by the grip, and no other method of holding is admissible. The best four shall compete in finals.

RULE XXXV. TUG-OF-WAR WITHOUT CLEATS.

1. The teams shall consist of equal numbers of competitors. The rope shall be of sufficient length to allow for a pull of twelve feet, and for twelve feet slack at each end, together with four feet for each competitor; it shall be not less than four inches in circumference and shall be without knots or other holdings for the hands. A center tape shall be affixed to the center of the rope, and six feet on each side of the center tape a side tape shall be affixed to the rope. A center line shall be marked on the ground, and six feet on each side of the center line a side line parallel thereto. At the start the rope shall be taut and the center tape shall be over the center line and the competitors outside the side lines. During no part of the pull shall the rope be tied or in any way crossed by the anchor man, nor shall he wilfully place either hand on the ground. 3

2. There shall be one Judge and two Inspectors who shall be responsible for seeing that the rules are properly carried out. The Judge shall start the competition by word of mouth and take charge of the center and side lines, and give effect to the result of any pull by blowing a whistle. The Inspectors shall take charge of the teams and see that members of such teams do not wilfully touch the ground with any part of the body other than the feet, and report to the Judge any infringement of this rule. It shall be in the discretion of the Judge to disqualify the offending team and award the pull in question to the opposing side, or he may disqualify the offending team from the competition. A pull shall be won when one team shall have pulled the side tape of the opposing side over their own side line, or if any portion of the foot of any competitor of the opposing side goes beyond the center line. In the event of both teams leaving go of the rope before either side has pulled the side tape

of the opposing side over their own side line, the pull shall be declared no pull and shall not constitute one of the requisite number of pulls. No competitor shall make any hole in the ground with his feet, or in any other way, before the start. In all competitions confined to certain weights, two Clerks shall be appointed who shall be responsible to the Judge for the correct weighing of the competitors before the start. All heats shall be won by two pulls out of three. All competitors shall wear boots or shoes as per regulation; heel and sides of heel (i. e., from the face to the seat) shall be perfectly flush. No prepared boots or shoes, heel plates (sunken or otherwise), projecting nails, tips, springs, Blakeys, rubbers, points, hollows or projections of any kind shall be allowed.

3. No gloves or adhesive substance whatever shall be used on the hands or ropes.

4. Where three teams only compete, the team drawing the bye shall pull off for second prize if defeated by the winner of the first round.

RULE XXXVI. TUG-OF-WAR WITH CLEATS.

1. The Tug-of-War shall be pulled on 8 wooden cleats, each 22 inches long, 6 inches high, and at least 4 inches thick. These shall be set on edge and bolted to a board base and shall be at least 6 feet 6 inches apart, with the first cleat, on each side of a central clamp, at least 6 feet distant therefrom.

2. The clamp shall be equidistant from the first cleat on either side and shall be of sufficient strength to hold the rope in position until released, but not make an appreciable kink in the rope.

3. The rope used shall be of manila, three-stranded, and not less than $4\frac{1}{2}$ nor more than 5 inches in circumference.

4. No mechanical device shall be used for holding the rope, but a belt may be worn to protect the body of the anchor man, although the flanges to hold the rope in place around the belt shall not be constructed so as to bind on the rope in any position that the anchor may assume. The belt shall not weigh more than 20 pounds.

5. No knot of any kind shall be tied in the rope, and the rope shall not be passed more than once around the body of the anchor.

6. Leather shields and gloves may be used by the contestants and adhesive substances may be put on the same.

7. Competitors shall not use weights in unlimited pulls, but in pulls limited to specific weights, competitors may use weights,

provided the total weight of the team, including the weights, does not exceed the weight limit.

8. When the competition is limited to teams of a given weight, competitors shall be weighed immediately before competing and shall be weighed as they pull, viz.: including clothing, shoes, belt, etc.

9. In no case shall any man pull on more than one team in a competition, and no substitute shall be allowed to pull on any team that has pulled a trial.

10. The standard time limit for each pull shall be five minutes, and a rest of not less than ten minutes shall be allowed each competitor between trial pulls. A shorter or longer time limit may be agreed upon in other than championship contests.

11. Any position may be assumed by the competitors before the start, which shall be made by pistol fire after the teams have been first notified to "get ready."

12. In case a team gains 3 feet from its opponent, it shall be awarded the pull.

13. Immediately before the competition the captains of the opposing teams shall draw their numbers and compete in a preliminary round to reduce the number of competing teams to 2, 4, 8, 16, and so on. (Thus if there are 3, 5, or 9 teams, have one preliminary pull to reduce to 2, 4, or 8; if 6 or 10 teams, have two pulls to reduce to 4 or 8; if 7 or 11 teams, have three pulls to reduce to 4 or 8, and so on). When the class is brought to a multiple of 2, 4, 8 or 16 the drawings proceed regularly to the final pull.

14. The winner of the final pull receives first prize, the loser receives the second prize, and the two teams which were defeated by the teams winning the first and second prizes in the previous round of pulls, shall again pull to determine the winner of the third and fourth prizes.

15. In all drawings where the numbers 1, 2, 3, 4, etc., are drawn, number 1 competes with number 2; 3 with 4, and so on.

RULE XXXVII. SWIMMING.

1. Officials shall consist of one Referee, three Judges at the Finish, three Timekeepers, one Starter, one Clerk of the Course with assistants, if necessary.

2. Duties and powers of these officials shall be the same as is prescribed for them in the foregoing rules.

3. In the 50 yards and 100 yards swimming races each competitor shall stand with one or both feet on the starting line, and when the signal is given shall plunge. Stepping back, either before or after the signal, will not be allowed.

4. The start for longer races shall be the same as the 100 yards, except that competitors may start in the water (tread-water start) from an imaginary line.

5. Each competitor shall keep a straight course, parallel with the courses of the other competitors, from the starting station to the opposite point in the finish line. Any competitor who, when out of his own water, shall touch another competitor, is liable to disqualification from that event, subject to the discretion of the Referee.

The following number of competitors shall be allowed to swim in one heat: In an unobstructed, clear space from 15 to 20 feet, 3 men shall be allowed to start; from 20 to 25 feet, 4 men; from 25 to 30 feet, 5 men; from 30 to 35 feet, 6 men; from 35 to 40 feet, 7 men.

The Referee must see that this Rule shall be strictly enforced.

6. Each competitor shall have finished the race when any part of his person reaches the finish line.

7. In all handicap competitions a check starter shall be appointed, whose duty it shall be to see that no competitor starts before his proper time. He shall report any violation of this rule to the Referee, who shall disqualify such competitor, should his finish affect the result of the race.

8. *Back Stroke.* The competitors shall line up in the water, facing the starting end, with both hands resting on the end or rail of the bath. At the word "Go," the competitors shall push off on their backs and commence and continue swimming upon their backs throughout the race. At each end of the bath, in turning, competitors shall place both hands on the end or rail of the bath before pushing off, as at the commencement of the race. The Referee shall have absolute discretion to disqualify any competitor under this clause.

9. *Breast Stroke.* At the word "Go," or pistol shot, the competitors shall dive and swim on the breast. Both hands must be pushed forward and brought backward simultaneously. The body must be kept perfectly on the breast, and both shoulders on line with the surface of the water. When touching at the turn or finishing a race the touch shall be made with both hands simultaneously. Any competitor introducing or using a side stroke movement during the race to be disqualified. The Referee shall have absolute discretion to disqualify any competitor under this clause.

10. Regulations for diving competitions.

a. The measurements, construction and fixing of all diving boards shall be subject to the approval of the Athletic League.

b. Any club holding diving championships, not being able to comply with the regulations herein specified, shall submit such changes as may be found necessary to the Executive Committee for approval.

c. *Instruction to Judges.* In making awards for points for each dive the judges shall have regard to the character of the respective dive to be performed, and shall take into consideration: The manner of the dive (proper carriage, confidence and form), the force and speed of the dive, the entrance into the water and how the run or take-off is performed. When judging the carriage the individuality of the diver should be taken into consideration. The bearing in the air should be natural, easy, supple and graceful. When performing plain head dives, the head should be erect, back hollowed, legs closed with feet turned back, arms supple and fingers closed. The start should be made gracefully, with confidence and in a bold manner; in running dives the force and energy imparted should be considered. The entrance into the water should be made without splashing and with good carriage of the body.

d. For each dive each judge shall award points according to the following scale:

	Points.
Unsuccessful attempt	0
Bad dive	3
Fair dive	6
Good dive	8
Excellent dive	10

The judges may mark points and half points between those mentioned in the above scale, but 10 shall be the highest possible that can be awarded by any judge.

An unsuccessful attempt is one in which the competitor has failed to perform the dive nominated.

In all jackknife dives the competitor should enter the water within six feet from the take-off.

All head dives with arms by sides are ruled out.

Swallow and all other forms of straight front dives are to be considered as plain front dives.

In all somersaults or jackknife dives with twists, the somersaults or jackknives must be completed before twisting.

e. Under observation of the foregoing conditions and instructions in making their respective awards each judge shall:

a. Write down his points for each dive performed by each competitor according to the scale of points named in paragraph d.

b. The points awarded by him for each voluntary dive shall be multiplied by the points allowed for the degree of diffi-

culty in each case as specified in the following diving tables.

- c. After the total of points for each competitor has been found and checked as being correct, each judge shall place the competitors in the order in which they finish on his diving card. He shall give 1, to the diver scoring the greatest number of points; 2, to the diver scoring the second greatest number of points, etc. If two competitors score the same number of points their place numbers shall be added and each given one-half. For instance, if two competitors receive the same number of points, which is the second largest on the diving card of a judge, their place numbers 2 and 3 shall be added, and each competitor shall receive $2\frac{1}{2}$, and the next following competitor shall receive the number 4. The place numbers given to the respective competitors by each of the judges shall be added together and the competitor showing the lowest total of place numbers shall be declared the winner. In case of a tie the point totals of all the judges shall be added together and the competitor whose total of points is greatest shall be the winner of the tie.

A list of voluntary dives shall be submitted by each competitor to the judges in writing before the beginning of the competition. Changes in the list of voluntary dives are not permitted. No competitor shall be permitted to repeat any of his dives.

The Referee must ascertain before the beginning of a competition that the depth of the water is sufficient to insure the safety of the competitors.

Competitions or exhibitions of diving from a greater height than 34 feet are prohibited.

The conditions of a diving competition, namely, height of board, number of voluntary and compulsory dives, and the character of the latter, must be stated in entry blanks.

f. Fancy Diving from the Springboard. The board shall have a length of 13 feet and shall be 20 inches wide and shall be of the usual elastic character.

In championship meetings the height of the board from the surface of the water shall be not less than 9 feet 6 inches, nor more than 11 feet.

The program for championships shall consist of the following dives: Running front dive, back dive, running forward jackknife, back jackknife, and six voluntary dives selected from the following table:

	Standing.	Running.
1—Backward spring and forward dive (half twist)	1.4	—
2—Backward spring and backward dive (full twist) . . .	2.0	—
3—Forward spring with half twist and backward dive . . .	1.5	1.6
4—Forward spring with full twist and forward dive . . .	1.8	1.8
5—Forward somersault	1.5	1.5
6—Forward 1½ somersault	1.6	1.6
7—Backward somersault	1.5	—
8—Backward 1½ somersault	2.2	—
9—Forward double somersault	1.9	1.9
10—Backward double somersault	1.9	1.9
11—Backward spring and forward somersault	1.7	—
12—Backward spring and 1½ forward somersault	2.0	—
13—Forward somersault with half twist	1.6	1.6
14—Forward 1½ somersault with half twist	2.2	2.2
15—Forward 2½ somersault	2.3	2.3
16—Flying Dutchman (forward spring with backward dive)	1.8	1.9
17—Flying Dutchman somersault (forward spring with backward somersault)	1.7	1.7
18—Flying Dutchman 1½ somersault	2.4	2.4
19—Flying Dutchman with half twist	1.7	1.7
20—Handstand dive	1.4	—
21—Handstand dive with somersault	1.7	—
22—Handspring dive with somersault	1.6	1.6
23—Jackknife forward	1.5	1.5
24—Jackknife backward	1.5	—
25—Jackknife forward with half twist and back dive . . .	1.8	1.9
26—Jackknife forward with full twist and forward dive..	2.2	2.2
27—Jackknife backward with half twist and forward dive	1.9	—
28—Jackknife backward with full twist and backward dive	2.3	—
29—Backward dive	1.5	—

"How to Score a Diving Competition" will be found on page 81.

In competitions where a lower board is used, the board shall be not less than 2 feet 6 inches or more than 4 feet from the surface of the water and the voluntary dives shall be selected from the following table:

	Standing.	Running.
1—Backward spring and forward dive (half twist)	1.4	—
2—Backward spring and backward dive (full twist)	1.9	—
3—Forward spring and backward dive (half twist)	1.5	1.6
4—Forward spring and forward dive (full twist)	1.8	1.8
5—Forward somersault	1.5	1.5
6—Forward 1½ somersault	1.8	1.7
7—Forward double somersault	2.2	1.9
8—Backward somersault	1.5	—
9—Backward 1½ somersault	2.2	—
10—Backward double somersault	2.2	—
11—Backward spring and forward somersault	1.9	—
12—Flying Dutchman (forward spring and backward dive)	1.7	1.8
13—Flying Dutchman somersault (forward spring and backward somersault)	1.8	1.8
14—Handstand	1.2	—
15—Jackknife forward	1.4	1.5

	Standing.	Running.
16—Jackknife backward	1.5	—
17—Jackknife forward and half twist	1.8	1.9
18—Jackknife forward and full twist	2.2	2.2
19—Jackknife backward and half twist	1.9	—
20—Jackknife backward and full twist	2.2	—
21—Backward dive	1.5	—

g. High Diving from a Firm Take-off. For high diving competitions from a firm take-off the platforms shall be 7 feet wide, fixed, free from spring and placed at two heights, the first not less than 14 feet and not more than 16 feet and the second not less than 24 feet and not more than 27 feet above the surface of the water.

The program for championships shall consist of two compulsory dives from the lower platform, namely, one plain back dive and one backward somersault; and two from the high platform, one running plain dive and one standing plain dive, and six voluntary dives, to be performed from the high platform and to be selected from the following table:

	Standing.	Running
1—Backward spring and forward dive with half twist...	1.4	—
2—Forward spring and backward dive with half twist ..	1.6	1.7
3—Forward spring and forward dive with full twist	1.9	1.9
4—Backward spring and backward dive with full twist..	2.1	—
5—Armstand	1.6	—
6—Armstand and somersault	1.5	—
7—Armstand backward fall dive	2.1	—
8—Armstand with double somersault	2.2	—
9—Backward dive	2.1	—
10—Backward somersault	1.7	—
11—Forward somersault	2.1	2.1
12—Forward 1½ somersault	1.9	1.9
13—Forward double somersault	2.2	2.2
14—Forward 2½ somersault	2.3	2.3
15—Backward 1½ somersault	2.4	—
16—Backward double somersault	2.1	—
17—Forward somersault with half twist	2.1	2.1
18—Forward 1½ somersault with half twist	2.2	2.2
19—Backward spring and forward somersault	1.8	—
20—Backward spring and forward 1½ somersault	2.0	—
21—Flying Dutchman	2.1	2.2
22—Flying Dutchman somersault	1.9	1.9
23—Flying Dutchman 1½ somersault	2.5	2.5
24—Flying Dutchman double somersault	2.3	2.3
25—Flying Dutchman with half twist	1.8	1.8
26—Jackknife forward	1.4	1.4
27—Jackknife backward	1.4	—
28—Jackknife forward with half twist	1.9	1.9
29—Jackknife forward with full twist	2.1	2.1
30—Jackknife backward with half twist	2.0	—
31—Jackknife backward with full twist	2.2	—

II. Plunge for Distance. The maximum height of take-off for the plunge for distance shall be limited to eighteen inches above the surface of the water.

A plunge shall be a standing dive, made head first from an indicated firm take-off (i. e., diving base), free from spring. The body is to be kept motionless—face downward—and no progressive action to be imparted to it other than impetus of the dive.

The plunge shall terminate, if the competitor has not already raised his face above the surface of the water, at the expiration of 60 seconds, or such time as may have been previously announced by the promoting body. The duration of such plunge shall be reckoned from the time the competitor dives from the take-off.

At the finish of any plunge the competitor must leave the water as quietly as possible. Anyone disturbing the water so as to interfere with the progress of the competitor following will be disqualified.

The distance traversed in a plunge shall be measured along a straight line, at right angles to the diving base, to a line parallel to the diving base, over the farthest point reached by any portion of the competitor's body while fulfilling the above conditions.

In championship or level contests each competitor shall be allowed three plunges, and the farthest plunge shall win. In handicaps, the number of plunges shall be left to the discretion of the promoting club.

When a competitor touches the side of the tank or pool, his distance shall be taken and he shall be compelled to stop.

A line may be made or painted along the bottom of the pool or tank to enable the competitors to guide themselves.

12. *Miscellaneous.* A competitor in turning must touch the end of the bath or course with one or both hands before kicking off.

Standing upon the bottom in the shallow end of a bath during a competition is only allowed for the purpose of resting. Walking or jumping from the bottom in the shallow end of a bath shall not be allowed.

The competitor in a handicap race who has the lowest handicap shall have the choice of position.

Where two men are on the same mark they shall draw for choice of position.

In case of a dead heat in a handicap the competitor with the lowest handicap shall be declared the winner. Where a dead heat occurs between two men on the same mark the tie shall be decided by a swim-off on the same day, or the one refusing to swim shall be given the next lowest prize.

Choice of position shall be drawn for in races other than handicaps.

When a trophy or prize is given to a club scoring the greatest number of points in a meeting, the points shall be counted as follows:

	Points.
First in swim, plunge or dive	5
Second in swim, plunge or dive	3
Third in swim, plunge or dive	1
First in relay race	10
Second in relay race	6
Third in relay race	2
First in water polo	15
Second in water polo	9
Third in water polo	3

HOW TO SCORE A DIVING COMPETITION.

SUGGESTIONS FOR SCORE CARDS.

Blanks for voluntary dives to be supplied by the club holding the competition. After filling them out and signing them, competitors deliver them to the clerk of the course. The announcer announces each voluntary dive from these blanks when the respective competitor's turn comes, and the diving judges must see that the dive nominated shall be performed. After the competition these blanks are turned over to the diving scorers.

RULE XXXVIII. ROPE CLIMBING.

SECTION I. The rope, measured from the floor to a tambourine or bell fastened above, shall be eighteen feet.

SEC. 2. The start shall be by a pistol shot, and the time taken from the flash to the touching of the bell or tambourine.

SEC. 3. Each contestant shall sit on the floor, with thighs flexed (legs extended in front), and shall not touch the floor with any part of his person after the pistol shot.

SEC. 4. Each contestant shall have three trials.

SEC. 5. The rope must not have any assisting devices such as knots, balls, etc.

RULE XXXIX. FENCE VAULT.

Fence Vault. A mattress shall be suspended from the bar. The contestant shall stand on the floor. His hands must be on the bar when the spring is made. In making the spring, his feet shall leave the floor but once. There must be no stop in the motion of the trunk until the floor is reached. No part of the person may touch the suspended mattress. No part of the person, excepting the hands, shall touch the bar. The head must not be carried below the lower surface of the bar.

RULE XL. KICKING.

SECTION I. *Running High Kick.* The contestant must spring from the floor, and his foot must kick the tambourine,

SEC. 2. *Running Hitch and Kick.* The contestant must spring from the floor and kick the tambourine with the same foot from which the spring is made. He must alight upon the same foot, and make at least two complete hops before touching anything with any other part of his person.

SEC. 3. *Double Kick.* Should be done the same as the High Kick, excepting that both feet must touch the tambourine at the same time. There shall be no assistance in alighting.

RULE XLI. RING VAULT.

The under side of the rings must be not higher than 6 feet 3 inches from the floor, and the jumping standards must be placed in front of the rings, so that when the cross-bar is at 8 feet the under side of the rings, when stretched taut, will just touch the top of the bar, and then the standards must be moved forward away from the rings 1 foot. At each additional height to which the bar is raised the standards must be moved forward 6 inches. In all other respects the rules for the Rope Vault shall govern.

RULE XLII. ROPE VAULT.

The rope may be of any length or thickness, suspended from the ceiling or beams. No assisting devices, such as knots or cross-bars, will be allowed. The lower end of the rope shall not be higher than 18 inches from the floor. The jumping standards must be placed so that when the cross-bar is 5 feet from the floor the end of the taut rope will just touch the cross-bar. Standards must not be moved after the measurement. The rope may be grasped with the hands only; the lower hand may be shifted up to the upper hand, but not above it; the upper hand cannot be moved after the start is made. Contestant must clear the bar on the second forward swing. The feet may be used to run or jump from at any time or place, but cannot be used to grasp the rope. Taking more than two swings constitutes a trial. In all other respects the rule for the Pole Vault shall govern.

RULE XLIII. SNAP UNDER BAR FOR DISTANCE.

A regulation vaulting bar or an adjustable (in height) horizontal bar must be used. The height of the bar shall be 4 feet 9 inches, measured from the top of the bar. The bar must not be raised or lowered. A line shall be drawn with the front edge extending from center to center of the uprights and directly beneath the horizontal bar. This shall be the scratch line, and all measurements must be made from the front edge of this line at right angles to the nearest mark made by any part of the person of the competitor. The start shall be made with both feet on the

floor back of the scratch line and the hands grasping the bar; both feet must leave the floor at the same time and may not leave the floor more than once; the hands must be grasping the bar when the feet leave the floor. No part of the person of a competitor except the hands shall touch the bar.

RULE XLIV. SNAP UNDER BAR FOR HEIGHT.

In the snap under bar for height a regulation vaulting or horizontal bar shall be used, the bar to be placed 6 feet from the floor. Jumping standards shall be placed 2 feet 6 inches from the vaulting bar and shall not be moved. In all other particulars the rules for the Snap Under Bar for Distance and the Running High Jump shall govern.

RULE XLV. EIGHT POTATO RACE.

The eight potato race shall be run in clearly defined lanes of 5 feet wide, and each contestant shall be provided with a receptacle not less than 12 inches nor more than 18 inches in height. The opening shall be not less than $3\frac{1}{2}$ or more than 5 inches in diameter (inside measurement), the receptacle to be located on the starting line and in the center of the contestant's lane. Eight potatoes shall be placed on the floor at intervals of two yards in a direct line at right angles to the starting mark and in the center of the lane. The first potato shall be two yards in front of the starting mark. Round wooden disks, tops or balls may be used. The dimensions of the potato or other object shall not exceed $1\frac{1}{2}$ inches in diameter and 3 inches in length. The start shall be the same as for all running races. In handicap races the awards shall be in front of the starting line, or in case of time allowance, from the starting line and at the word "Go." The finish shall be a tape placed across the lanes ten yards in front of and parallel to the starting mark. Each potato must be placed in the receptacle before the next one is removed from its place on the floor. In case a potato is dropped or the receptacle is upset by the runner, he shall replace same without assistance before continuing the run. Failure to place all of the potatoes in the receptacle shall disqualify the runner.

RULE XLVI. RELAY POTATO RACING.

The same conditions as to stands, potatoes, etc., as provided by the rules for the potato race as outlined in the rules for all-around indoor test, page 123, shall govern the Relay Potato Race, and the rules for Relay Races, Rule XXII., page 61, shall govern all other conditions, except that each starter shall have

only 5 feet in front of the starting mark in which he must be touched by the succeeding runner, and that each starter may have one potato in his hand. Regulation distances for relays shall be 20 laps, 40 laps, 68 laps. Four men to constitute a team, each to run 5, 10 or 17 laps. Other distances may be arranged by mutual agreement.

RULE XLVII. SACK RACE.

Contestants must be in and covered by a strong sack extending up to and tied around the neck. Hands must be inside. In all other respects the rules for running shall govern. The sack must measure 2 feet wide by 5 feet in length.

RULE XLVIII. THREE-LEGGED RACE.

Two contestants standing beside each other shall have their inside legs strapped together just above the ankles and knees with a strong canvas or leather strap. In all other respects the rules for running events shall govern.

Specifications for Official Implements

THROWING THE HEAVY WEIGHT.

(56 lbs.=25.401 kilograms.)

Specifications of Implement.

The head shall be of molded lead, or a brass shell filled with *Head* lead, and spherical in shape, having imbedded a forged steel eye bolt as a means for attaching the handle.

The handle shall be made of round iron or steel measuring $\frac{1}{2}$ *Handle* inch (12.7 millimeters) in diameter, bent in a triangular form, no side of which shall be more than $7\frac{1}{4}$ inches (184.146 millimeters) inside measurement.

The handle shall be connected to the head by means of a *Connection* welded steel link measuring $\frac{3}{8}$ inch (9.525 millimeters) in diameter.

The weight shall be not less than 56 pounds (25.401 kilograms) *Weight* complete as thrown.

The length shall be not more than 16 inches (406.39 millimeters) *Length* complete as thrown.

THROWING THE HAMMER.

Specifications of Implement.

The head shall be a brass shell filled with lead or cast gray *Head* iron and spherical in shape.

The handle shall be a single unbroken and straight length of *Handle* spring steel wire not less than $\frac{1}{8}$ inch (3.175 millimeters) in diameter, or No. 36 piano wire, .102 inch (2.591 millimeters) in diameter. The handle may be looped at one or both ends as a means of attachment.

The grip may be either of single or double loop construction, *Grip* but must be rigid and without hinging joints of any kind.

The handle shall be connected to the head by means of a swivel *Connections* which may be either plain or ball bearing.

The grip shall be connected to the handle by means of a loop.

A swivel may not be used.

The weight shall be not less than 16 pounds (7.257 kilograms) *Weight* complete as thrown.

The length shall be not more than 4 feet (1.219 meters) *Length* complete as thrown.

PUTTING THE SHOT.

Specifications of Implement.

The shot shall be a brass shell filled with lead, and spherical *Construction* in shape.

The shot shall weigh not less than 16 pounds (7.257 kilograms). *Weight*

THROWING THE DISCUS.

Specifications of Implement.

The discus shall be composed of a metal rim, permanently at- *Construction* tached to a wood body, brass plates set flush into the sides of the wood body and, in the exact center of the discus, a means for

- securing the correct weight. The brass plates shall be circular in form, having a diameter of not less than 2 inches (50.8 millimeters) nor more than $2\frac{1}{4}$ inches (57.149 millimeters). Each side of the discus shall be a counterpart of the other and shall have no indentations, projecting points, or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a line a distance of not less than 1 inch (25.399 millimeters) from the center of the discus.
- Measurements** The largest dimension shall be a circle not less than $8\frac{1}{2}$ inches (219.07 millimeters) in diameter. The thickness through exact center, on a line perpendicular to the diameter, shall not less than $1\frac{3}{4}$ inches (44.449 millimeters). The thickness 1 inch (25.399 millimeters) from the center shall be exactly same as at the center. The thickness of the rim at a distance of $\frac{1}{4}$ inch (6.35 millimeters) from the edge shall be not less than $\frac{1}{2}$ inch (12.70 millimeters). The edge shall be rounded to a true circle.
- Weight** The weight of the discus shall be not less than 4 lbs. 6.55 c (2 kilograms) complete as thrown.

POLE VAULT.

Specifications of Implement.

- Construction** The pole shall be either of wood or bamboo and may be of any length or diameter. It shall have no assisting devices except provided for, but may be wound or wrapped with adhesive tape. The wrapping must be of uniform thickness. The lower end of the pole may terminate in a single metal spike or a wood plug.

THROWING THE JAVELIN.

Specifications of Implement.

- Construction** The Javelin shall be of wood with a sharp iron or steel point. The Javelin shall be constructed in such way that the space between the foremost point and the center of gravity is not longer than 1.203 yards (110 centimeters), or shorter than 2.953 feet (90 centimeters).
- Grip.** It shall have, about the center of gravity, a grip formed by binding 6.3 inches (16 centimeters) broad, of whipcord, without thongs or notches in the shaft, and shall have no other holding than the above mentioned binding, whose circumference either edge shall not exceed the circumference of the shaft more than .984 inch (25 millimeters).
- Measurements** The length shall be not less than 8 feet 6 $\frac{3}{8}$ inches (260 centimeters) complete as thrown.
- Weight** The weight shall be not less than 1.76 pounds (800 grammes) complete as thrown.

SPECIFICATIONS OF APPARATUS.

CIRCLE.

Specifications.

- Construction** The circle shall be made of band iron or steel, wood or rope, and, except for the discus, shall measure not more than 7 feet (2.134 meters) inside diameter. The circle for the discus shall measure not more than 8 feet $2\frac{1}{2}$ inches (2.5 meters) inside diameter.
- Measurements**
- METAL**—The sides shall be $\frac{1}{4}$ inch (6.35 millimeters) thick by 3 inches (76.199 millimeters) high.
- WOOD**—The sides shall be 3 inches (76.199 millimeters) thick by 2 inches (50.799 millimeters) high.

ROPE—The rope shall be 1 inch (25.4 millimeters) in diameter. The circle shall be painted white. The rope may be tarred *Finish* as a means of preservation.

HAMMER THROWING CAGE.

Specifications.

It is strongly recommended that all hammer throws be from an enclosure cage to ensure the safety of spectators. A cage of the following dimensions is suggested.

The cage should be circular in form, having an inside diameter *Cage* not less than 27 feet (8.229 meters). The height should be not less than 7 feet (2.134 meters). There should be an opening, through which the throw is made, of approximately 23 feet (7.010 meters). The cage should be composed of $2\frac{1}{4} \times 4\frac{1}{2}$ inches (62 millimeters) diamond mesh wire screen of $\frac{3}{8}$ inch (9.5248 millimeters) wire. The screen should be mounted on pipe uprights, buried in the ground to a depth of 30 inches (762 millimeters), and spaced not more than 8 feet (2.438 meters) apart. The size of the pipe should be $2\frac{1}{2}$ inches (63.4988 millimeters).

It might be desirable, in some instances, to install a demountable cage, having sockets grouted permanently in the ground, into which the pipe uprights might be set when the cage is erected. The sockets could be provided with covers when the uprights are removed.

SECTOR FOR THROWS FROM CIRCLE.

Specifications.

A ninety degree sector shall be clearly marked on the ground, the radii lines crossing at the center of the circle. The outer ends of the radii lines shall be marked with flags.

SECTOR FLAGS.

Specifications.

The sector flag shall be entirely of metal. The flag shall be rectangular in shape and shall measure 4 x 7 inches (101.598 x 177.797 millimeters). The standard shall be not less than $\frac{5}{16}$ inch (7.93 millimeters) in diameter and not less than 36 inches (914.392 millimeters) in length. The flag shall be painted red. *Construction*

STOP BOARD.

Specifications.

The board shall be made of wood. The board shall measure not less than 4 feet (1.219 meters) long, $4\frac{1}{2}$ inches (114.297 millimeters) wide, and 4 inches (101.598 millimeters) high. The board shall be painted white. *Construction*
Measurements
Finish

TAKE-OFF BOARD.

Specifications.

The take-off board shall be made of wood. The board shall measure not less than 4 feet (1.219 meters) long, 8 inches (203.196 millimeters) wide, and 4 inches (101.598 millimeters) high. The board shall be painted white. *Construction*
Measurements
Finish

JUMP OR VAULTING STANDARDS.

Specifications.

- Uprights* Any style or kind of uprights or posts may be used.
- Cross Bar* The cross bar shall be entirely of wood, not more than 1 inch (25.399 millimeters) square in section, and of a uniform thickness throughout. The ends of the cross bar shall project not more than 6 inches (152.397 millimeters) beyond the pegs.
- Pegs.* The pegs supporting the cross bar shall extend horizontally not more than 3 inches (76.1986 millimeters) from the face of the uprights and shall be without notches or indentations of any kind. The pegs shall be round, of a uniform thickness throughout, and not more than $\frac{1}{2}$ inch (12.6997 millimeters) in diameter.

HURDLE.

Specifications.

- Construction* A hurdle shall consist of two wood uprights, or standards, supporting a rectangular wood frame or gate. The hurdle may be adjustable in height, but shall be rigidly fastened at the required height for each event.
- Measurements* The extreme width of the gate shall be not less than 4 feet (1.22 meters). The extreme length of base for the uprights shall be not less than 19.685 inches (500 millimeters). The total weight of the hurdle shall be not less than 15.43 pounds (7 kilograms).
- Finish* The top bar of the gate shall be painted white.

RELAY BATON.

Specifications.

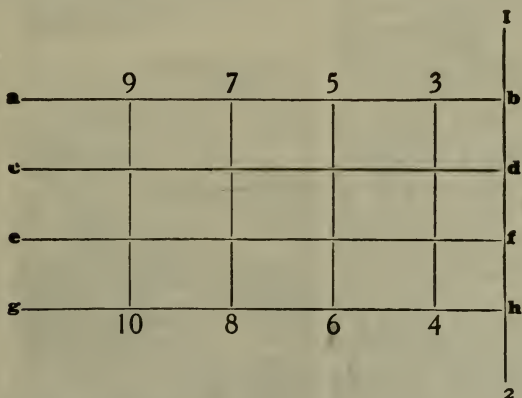
- Construction* The baton shall be a hollow wood tube.
- Measurements* The length shall be not more than 11.81 inches (300 millimeters).
- Weight* The weight shall be not less than 1.764 ounces (50 grammes). The circumference shall be 4.724 inches (120 millimeters).

PENTATHLON

As originated by Dr. L. H. Gulick, this consists of the 100-yard dash, 12-lb. hammer (without turn), running high jump, pole vault and 1-mile run.

The officials and their respective duties are the same as those for any similar athletic contest.

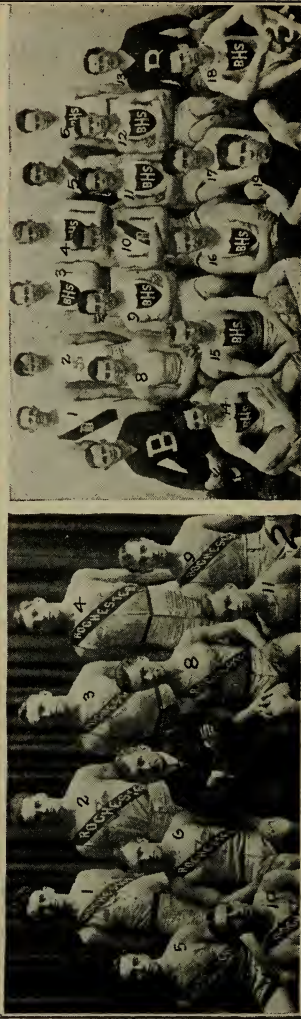
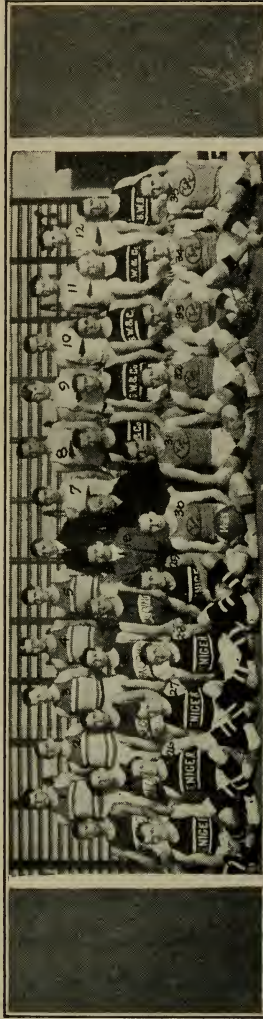
In the one hundred yards' dash the timers shall give to the judge the time made by the leading man of each heat. As the leading man of each heat breaks the tape the judge shall fire a pistol. In cases where it is of great importance that there be no misfire, it is recommended that the judge use two pistols, one with each hand, and fire them simultaneously. There shall be an assistant for each man in the heat. It shall be his duty to mark, as accurately as possible, the exact location of the chest of his man when the pistol is fired. He shall hold this mark till it has been taken by the judge. The track shall be marked as follows:



The line 1-2 is the finish.

The lines a-b, c-d, e-f, g-h form the lanes in which the contestants are to run.

The line 3-4 is drawn three feet from the line 1-2; the lines 5-6, 7-8, 9-10 are drawn at regular intervals of six feet.



(1) SATURDAY NIGHT COMMERCIAL BASKET BALL LEAGUE, ROCHESTER, N. Y.—6 Teams—Won by Weniger; Yeoman & Erbe, second. (2) ROCHESTER (N. Y.) Y.M.C.A. TRACK TEAM—1, Sheehan; 2, Tailor; 3, Maier; 4, Duffus; 5, Neff; 6, Binder, capt.; 7, Messing, Phys. Dir.; 8, Morgan, Mgr.; 9, Voss; 10, Wray; 11, Durkee. (3) BATAVIA (N. Y.) HIGH SCHOOL TRACK TEAM—1, Kennedy; 2, Ryan; 3, Dohse; 4, Palmer; 5, Waldo; 6, Breese; 7, Becker, Trainer; 8, Hopp; 9, Kelley; 10, Birmingham; 11, Judd; 12, Johnson; 13, Gay, Coach; 14, Wilcox; 15, Carpenter; 16, Weldgen; 17, Annabel; 18, Luced; 19, Cope.

Each contestant shall have as many fifths of a second added to the score of the leading man as there are transverse lines between them when the finish pistol is fired. When a man is on a line it is to count as one-half a fifth, equivalent to five points. If a man were on the line 5-6 when the pistol was fired, and the time given was eleven seconds, there is one line between the two men; this adds one-fifth second; being on the line adds one-tenth more, making eleven and three-tenths seconds. If he had been just behind this line the score would have been eleven and two-fifths seconds, or if just in front, eleven and one-fifth seconds.

Not less than three watches shall be held on the leading man in each heat.

(N. B.—For accurate timing each runner should be timed separately with three watches, the competitors running in small heats or individually.)

In the running high jump the stick shall be started at 3 feet 6 inches and raised two inches at a time.

In the pole vault the stick shall be started at 5 feet 10 inches and raised four inches at a time.

In throwing the hammer no "turn" is allowed.

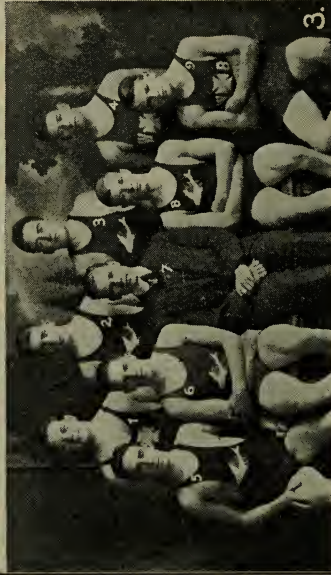
The Scorer shall reduce the records of the performance in the different events by each individual to the standard scoring table, and shall record the number of points made in each event by each man. A man passing the upper limit in any event shall be credited proportionately. No mark less than zero shall be given, even in case the record falls below the measure indicated for zero.



(1) Claude H. Brace, highest record in Hexathlon for Flint (Mich.) Y.M.C.A. (2) C. S. Mott, Flint (Mich.) Y.M.C.A. (3) W. M. Wyman, Flint (Mich.) Y.M.C.A. (4) Guy Carlson, winner of most points in Grand Island (Nebr.) Hexathlon. (5) Findlay (Ohio)—Winners of the Third Ohio State Cup—1, Hale; 2, Thompson; 3, Clemens; 4, Huff; 5, Harley; 6, Bacher; 7, Herrick; 8, Bachman; 9, Emerson.

SCORING TABLE

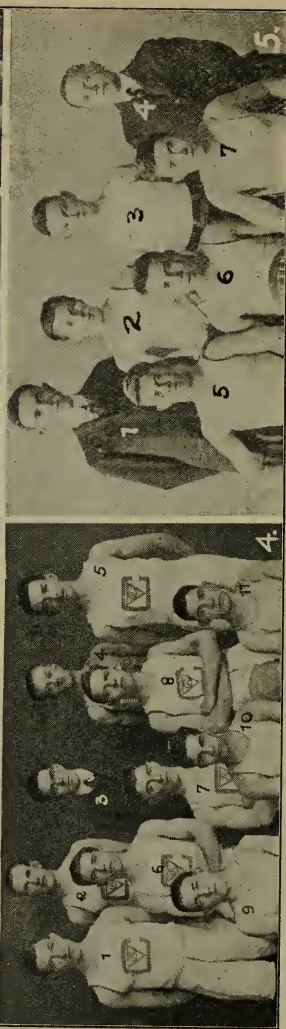
FOR USE IN SCORING
VARIOUS ATHLETIC EVENTS
BOTH INDOOR AND OUTDOOR



(1) WEST BRANCH Y. M. C. A., PHILADELPHIA (PA.) CHAMPIONSHIP TRACK AND FIELD TEAM—1, Miller; 2, Partridge; 3, Basford; 4, Windhoevel; 5, Davis, Phy. Dir.; 6, Minehan; 7, Kingston; 8, Mann; 9, 10, Rocap; 11, Schmidt; 12, Bauman; 13, McDonagh, Capt.; 14, Ide; 15, Irons; 16, Higley; 17, Ruan; 18, Hindel; 19, Uber; 20, Hister. (2) WEST BRANCH Y. M. C. A., PHILADELPHIA, PA.—J. B. McDonagh, Standing High Jump. (3) WEST BRANCH Y. M. C. A., PHILADELPHIA (PA.) SWIMMING TEAM—1, Gilmore; 2, Drysmalla; 3, Romig; 4, Crowley; 5, Kelter; 6, Kistler; 7, Predmore; 8, Drasher; 9, Greene. (4) WEST BRANCH Y. M. C. A., PHILADELPHIA (PA.) BASKET BALL TEAM—1, Messenger, Asst. Phy. Dir.; 2, Coghlan; 3, Windhoevel; 4, Enos; 5, Davis; 6, Kingston; 7, Frederickson.

SCORING TABLE—RUNS.

Points.	50 Yards Run.	75 Yards Run.	100 Yards Run.	150 Yards Run.	200 Yards Run.	Points.
0	sec. 6 2/5	sec. 9 1/5	sec. 12 2/5	sec. 18 4/5	sec. 25	0
1						1
2						2
3						3
4						4
5					24 4/5	5
6				18 3/5		6
7						7
8						8
9						9
10			12 1/5		24 3/5	10
11						11
12				18 2/5		12
13		9				13
14						14
15					24 2/5	15
16						16
17						17
18						18
19						19
20	6 1/5		12	18 1/5	24 1/5	20
21						21
22						22
23						23
24						24
25					24	25
26				18		26
27						27
28		8 4/5				28
29						29
30			11 4/5		23 4/5	30
31						31
32				17 4/5		32
33						33
34						34
35					23 3/5	35
36						36
37						37
38						38
39						39
40	6		11 3/5	17 3/5	23 2/5	40
41						41
42		8 3/5				42
43						43
44						44
45					23 1/5	45
46				17 2/5		46
47						47
48						48
49						49



(1) Johnstown (N. Y.) Y.M.C.A. Track Team. (2)—1, T. McGuire; 2, L. Grant, Johnstown (N. Y.) Y.M.C.A. (3) G. Burbank, Geneva (N. Y.) Y.M.C.A. (4) Gloversville (N. Y.) Y.M.C.A. Junior Basket Ball League, 1914-1915. (5) Little Giants, winners in Rochester

SCORING TABLE—RUNS.

Points.	50 Yards Run.	75 Yards Run.	100 Yards Run.	150 Yards Run.	200 Yards Run.	Points.
50	sec.	sec.	sec. 11 2/5	sec.	sec. 23	50
51						51
52						52
53				17 1/5		53
54						54
55					22 4/5	55
56		8 2/5				56
57						57
58						58
59						59
60	5 4/5		11 1/5	17	22 3/5	60
61						61
62						62
63						63
64						64
65					22 2/5	65
66						66
67				16 4/5		67
68						68
69						69
70			11		22 1/5	70
71		8 1/5				71
72						72
73				16 3/5		73
74						74
75					22	75
76						76
77						77
78						78
79						79
80	5 3/5		10 4/5	16 2/5	21 4/5	80
81						81
82						82
83						83
84						84
85					21 3/5	85
86		8				86
87				16 1/5		87
88						88
89						89
90			10 3/5		21 2/5	90
91						91
92						92
93				16		93
94						94
95					21 1/5	95
96						96
97						97
98						98
99						99
100	5 2/5	7 4/5	10 2/5	15 4/5	21	100



(1) Y. M. C. A. PHYSICAL DEPT. COMMITTEE, BATAVIA, N. Y.—1, Ramsey; 2, Gay, Phy. Dir.; 3, Henning; 4, Hough, Chairman; 5, Peck; (2) Y. M. C. A. INDOOR BASE BALL TEAM, CHURCH LEAGUE, 1915, BATAVIA, N. Y.—1, Roberts; 2, F. Lowan; 3, Hough; 4, Schafer; 5, Dr. Klueger; 6, Henning; 7, Peck; 8, Dr. Maul; 9, Guy E. Lowan, Assn. Pres. (3) FIRST BAPTIST CHURCH INDOOR BASE BALL TEAM, CHURCH LEAGUE, 1915, BATAVIA, N. Y.—1, Hescutt; 2, Vincent, Capt.; 3, Coolbaugh; 4, Shed; 5, Winters; 6, George, (4) Y. M. C. A. HIGH SCHOOL TRACK TEAM, 1915, BATAVIA, N. Y.—1, J. Kelly; 2, Ryan; 3, Steele; 4, Kennedy; 5, Weldgen; 6, Johnson; 7, Enos; 8, Palmer; 9, Perrin; 10, Wm. Kelly; 11, Wilcox; 12, Osborn; 13, Lucid; 14, Minor. (5) MEMBERS OF Y. M. C. A. JUNIOR GYMNASIUM CLASSES, 1914-1915, BATAVIA, N. Y.

SCORING TABLE—RUNS.

Points.	220 Yards Run.	300 Yards Run.	440 Yards Run.		880 Yards Run.		1 Mile Run.		Points.
	sec.	sec.	min.	sec.	min.	sec.	min.	sec.	
0	27 1/5	50	1	13	2	50	6	40	0
1			1	12 4/5			6	39	1
2		49 4/5	1	12 3/5	2	49	6	38	2
3			1	12 2/5			6	37	3
4		49 3/5	1	12 1/5	2	48	6	36	4
5	27		1	12			6	35	5
6		49 2/5	1	11 4/5	2	47	6	34	6
7			1	11 3/5			6	33	7
8		49 1/5	1	11 2/5	2	46	6	32	8
9			1	11 1/5			6	31	9
10	26 4/5	49	1	11	2	45	6	30	10
11			1	10 4/5			6	29	11
12		48 4/5	1	10 3/5	2	44	6	28	12
13			1	10 2/5			6	27	13
14		48 3/5	1	10 1/5	2	43	6	26	14
15	26 3/5		1	10			6	25	15
16		48 2/5	1	9 4/5	2	42	6	24	16
17			1	9 3/5			6	23	17
18		48 1/5	1	9 2/5	2	41	6	22	18
19			1	9 1/5			6	21	19
20	26 2/5	48	1	9	2	40	6	20	20
21			1	8 4/5			6	19	21
22		47 4/5	1	8 3/5	2	39	6	18	22
23			1	8 2/5			6	17	23
24		47 3/5	1	8 1/5	2	38	6	16	24
25	26 1/5		1	8			6	15	25
26		47 2/5	1	7 4/5	2	37	6	14	26
27			1	7 3/5			6	13	27
28		47 1/5	1	7 2/5	2	36	6	12	28
29			1	7 1/5			6	11	29
30	26	47	1	7	2	35	6	10	30
31			1	6 4/5			6	9	31
32		46 4/5	1	6 3/5	2	34	6	8	32
33			1	6 2/5			6	7	33
34		46 3/5	1	6 1/5	2	33	6	6	34
35	25 4/5		1	6			6	5	35
36		46 2/5	1	5 4/5	2	32	6	4	36
37			1	5 3/5			6	3	37
38		46 1/5	1	5 2/5	2	31	6	2	38
39			1	5 1/5			5	1	39
40	25 3/5	46	1	5	2	30	6		40
41			1	4 4/5			5	59	41
42		45 4/5	1	4 3/5	2	29	5	58	42
43			1	4 2/5			5	57	43
44		45 3/5	1	4 1/5	2	28	5	56	44
45	25 2/5		1	4			5	55	45
46		45 2/5	1	3 4/5	2	27	5	54	46
47			1	3 3/5			5	53	47
48		45 1/5	1	3 2/5	2	26	5	52	48
49			1	3 1/5			5	51	49



(1) SAN FRANCISCO (CALIF.) Y.M.C.A. TRACK TEAM—1, Bohnert; 2, Cailteux; 3, Coats; 4, Lohse; 5, Dole—These 5 men totaled 2501 points in the National Hexathlon, March 10, 1915. (2) SAN FRANCISCO (CALIF.) BULLETIN'S CROSS CITY RACE, NEW YEAR'S DAY—Distance $7 \frac{4}{5}$ miles. 1, Wm. Spanton, time for distance 42 min. 39 sec.; 2, Wm. H. Quinn, time for distance 43 min. 44 sec. Time of winner, 41 min. 10 sec.

SCORING TABLE—RUNS.

Points.	220 Yards Run.	300 Yards Run.	440 Yards Run.		880 Yards Run.		1 Mile Run.	Points.
	sec.	sec.	min.	sec.	min.	sec.	min.	sec.
50	25 1/5	45	1	3	2	25	5	50
51			1	2 4/5			5	49
52		44 4/5	1	2 3/5	2	24	5	48
53			1	2 2/5			5	47
54		44 3/5	1	2 1/5	2	23	5	46
55	25		1	2			5	45
56		44 2/5	1	1 4/5	2	22	5	44
57			1	1 3/5			5	43
58		44 1/5	1	1 2/5	2	21	5	42
59			1	1 1/5			5	41
60	24 4/5	44	1	1	2	20	5	40
61			1	4/5			5	39
62		43 4/5	1	3/5	2	19	5	38
63			1	2/5			5	37
64		43 3/5	1	1/5	2	18	5	36
65	24 3/5		1				5	35
66		43 2/5		59 4/5	2	17	5	34
67				59 3/5			5	33
68		43 1/5		59 2/5	2	16	5	32
69				59 1/5			5	31
70	24 2/5	43		59	2	15	5	30
71				58 4/5			5	29
72		42 4/5		58 3/5	2	14	5	28
73				58 2/5			5	27
74		42 3/5		58 1/5	2	13	5	26
75	24 1/5			58			5	25
76		42 2/5		57 4/5	2	12	5	24
77				57 3/5			5	23
78		42 1/5		57 2/5	2	11	5	22
79				57 1/5			5	21
80	24	42		57	2	10	5	20
81				56 4/5			5	19
82		41 4/5		56 3/5	2	9	5	18
83				56 2/5			5	17
84		41 3/5		56 1/5	2	8	5	16
85	23 4/5			56			5	15
86		41 2/5		55 4/5	2	7	5	14
87				55 3/5			5	13
88		41 1/5		55 2/5	2	6	5	12
89				55 1/5			5	11
90	23 3/5	41		55	2	5	5	10
91				54 4/5			5	9
92		40 4/5		54 3/5	2	4	5	8
93				54 2/5			5	7
94		40 3/5		54 1/5	2	3	5	6
95	23 2/5			54			5	5
96		40 2/5		53 4/5	2	2	5	4
97				53 3/5			5	3
98		40 1/5		53 2/5	2	1	5	2
99				53 1/5			5	1
100	23 1/5	40		53	2		5	



(1) BOSTON (MASS.) Y. M. C. A. RELAY TEAM—1, Desaulniers; 2, Shaw; 3, Green; 4, Hardwick. (2) ARMY AND NAVY, NEWPORT, R. I.—Winners of the Army all-around championships, 1912-1913—1, Ashley; 2, Wilkie; 3, Connor. (3) Ferdinand G. Tuero, holder of the national indoor running broad jump record. (4) Richard Ely, holder of the northeastern section indoor high jump record. (5) G. Kingston, Waterbury, Conn., holder of standing broad jump record of 10 ft. 3½ in. (6) R. Brindle, Capt., Woonsocket, R. I., track team.

SCORING TABLE—RUNS.

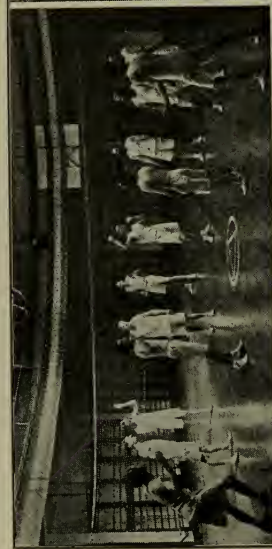
Points.	2 Miles Run.		5 Miles Run.		120 Yards Hurdle.	220 Yards Hurdle.	Potato Race.		Points.
	min.	sec.	min.	sec.	sec.	sec.	min.	sec.	
0	13	50	40		21	37	2	0	0
1	13	48	39	54			1	59 4/5	1
2	13	46	39	48		36 4/5	1	59 3/5	2
3	13	44	39	42			1	59 2/5	3
4	13	42	39	36		36 3/5	1	59 1/5	4
5	13	40	39	30	20 4/5		1	59	5
6	13	38	39	24		36 2/5	1	58 4/5	6
7	13	36	39	18			1	58 3/5	7
8	13	34	39	12		36 1/5	1	58 2/5	8
9	13	32	39	6			1	58 1/5	9
10	13	30	39		20 3/5	36	1	58	10
11	13	28	33	54			1	57 4/5	11
12	13	26	33	48		35 4/5	1	57 3/5	12
13	13	24	33	42			1	57 2/5	13
14	13	22	33	36		35 3/5	1	57 1/5	14
15	13	20	33	30	20 2/5		1	57	15
16	13	18	33	24		35 2/5	1	56 4/5	16
17	13	16	33	18			1	56 3/5	17
18	13	14	33	12		35 1/5	1	56 2/5	18
19	13	12	33	6			1	56 1/5	19
20	13	10	33		20 1/5	35	1	56	20
21	13	8	37	54			1	55 4/5	21
22	13	6	37	48		34 4/5	1	55 3/5	22
23	13	4	37	42			1	55 2/5	23
24	13	2	37	36		34 3/5	1	55 1/5	24
25	13		37	30	20		1	55	25
26	12	58	37	24		34 2/5	1	54 4/5	26
27	12	56	37	18			1	54 3/5	27
28	12	54	37	12		34 1/5	1	54 2/5	28
29	12	52	37	6			1	54 1/5	29
30	12	50	37		19 4/5	34	1	54	30
31	12	48	36	54			1	53 4/5	31
32	12	46	36	48		33 4/5	1	53 3/5	32
33	12	44	36	42			1	53 2/5	33
34	12	42	36	36		33 3/5	1	53 1/5	34
35	12	40	36	30	19 3/5		1	53	35
36	12	38	36	24		33 2/5	1	52 4/5	36
37	12	36	36	18			1	52 3/5	37
38	12	34	36	12		33 1/5	1	52 2/5	38
39	12	32	36	6			1	52 1/5	39
40	12	30	36		19 2/5	33	1	52	40
41	12	28	35	54			1	51 4/5	41
42	12	26	35	48		32 4/5	1	51 3/5	42
43	12	24	35	42			1	51 2/5	43
44	12	22	35	36		32 3/5	1	51 1/5	44
45	12	20	35	30	19 1/5		1	51	45
46	12	18	35	24		32 2/5	1	50 4/5	46
47	12	16	35	18			1	50 3/5	47
48	12	14	35	12		32 1/5	1	50 2/5	48
49	12	12	35	6			1	50 1/5	49



(1) PITTSBURGH (PA.) CENTRAL Y. M. C. A. "GOATS"—WINNER OF VOLLEY BALL TOURNAMENT—1, Kirkbride; 2, Fox; 3, Heller; 4, Jankoshy; 5, McCray. (2) PITTSBURGH (PA.) CENTRAL Y. M. C. A. WRESTLING TEAM—1, Cousineau; 2, Murodes; 3, Bovee; 4, Fullerton; 5, Scheidhauer; 6, Lutes; 7, Meermans, Phys. Dir.; 8, Kappas; 9, Lake. (3) PITTSBURGH (PA.) CENTRAL Y. M. C. A. RELAY TEAM—1, Locker; 2, A. Williams; 3, T. M. Williams; 4, Mulhern; 5, Collins; 6, Mantick. (4) Elmer Scheidhauer, Pittsburgh (Pa.) Central Y. M. C. A. Champion 158-lb. Class-Heavy Weight Y. M. C. A. Wrestler of Western, Pa.

SCORING TABLE—RUNS.

Points.	2 Miles Run.		5 Miles Run.		120 Yards Hurdle.	220 Yards Hurdle.	Potato Race.		Points.
	min.	sec.	min.	sec.	sec.	sec.	min.	sec.	
50	12	10	35		19	32	1	50	50
51	12	8	34	54			1	49 4/5	51
52	12	6	34	48		31 4/5	1	49 3/5	52
53	12	4	34	42			1	49 2/5	53
54	12	2	34	36		31 3/5	1	49 1/5	54
55	12		34	30	18 4/5		1	49	55
56	11	58	34	24		31 2/5	1	48 4/5	56
57	11	56	34	18			1	48 3/5	57
58	11	54	31	12		31 1/5	1	48 2/5	58
59	11	52	34	6			1	48 1/5	59
60	11	50	34		18 3/5	31	1	48	60
61	11	48	33	54			1	47 4/5	61
62	11	46	33	48		30 4/5	1	47 3/5	62
63	11	44	33	42			1	47 2/5	63
64	11	42	33	36		30 3/5	1	47 1/5	64
65	11	40	33	30	18 2/5		1	47	65
66	11	38	33	24		30 2/5	1	46 4/5	66
67	11	36	33	18			1	46 3/5	67
68	11	34	33	12		30 1/5	1	46 2/5	68
69	11	32	33	6			1	46 1/5	69
70	11	30	33		18 1/5	30	1	46	70
71	11	28	32	54			1	45 4/5	71
72	11	26	32	48		29 4/5	1	45 3/5	72
73	11	24	32	42			1	45 2/5	73
74	11	22	32	36		29 3/5	1	45 1/5	74
75	11	20	32	30	18		1	45	75
76	11	18	32	24		29 2/5	1	44 4/5	76
77	11	16	32	18			1	44 3/5	77
78	11	14	32	12		29 1/5	1	44 2/5	78
79	11	12	32	6			1	44 1/5	79
80	11	10	32		17 4/5	29	1	44	80
81	11	8	31	54			1	43 4/5	81
82	11	6	31	48		28 4/5	1	43 3/5	82
83	11	4	31	42			1	43 2/5	83
84	11	2	31	36		28 3/5	1	43 1/5	84
85	11		31	30	17 3/5		1	43	85
86	10	58	31	24		28 2/5	1	42 4/5	86
87	10	56	31	18			1	42 3/5	87
88	10	54	31	12		28 1/5	1	42 2/5	88
89	10	52	31	6			1	42 1/5	89
90	10	50	31		17 2/5	28	1	42	90
91	10	48	30	54			1	41 4/5	91
92	10	46	30	48		27 4/5	1	41 3/5	92
93	10	44	30	42			1	41 2/5	93
94	10	42	30	36		27 3/5	1	41 1/5	94
95	10	40	30	30	17 1/5		1	41	95
96	10	38	30	24		27 2/5	1	40 4/5	96
97	10	36	30	18			1	40 3/5	97
98	10	34	30	12		27 1/5	1	40 2/5	98
99	10	32	30	6			1	40 1/5	99
100	10	30	30		17	27	1	40	100



1, Noon business men playing volley ball; 2, Acrobatic team; 3, Base ball team; 4, The giant stride.
SAN DIEGO (CAL.) Y. M. C. A.

SCORING TABLE—WEIGHTS.

Points.	12-lb. Shot.		16-lb. Shot.		12-lb. Hammer, without Turn.		12-lb. Hammer, with Turn.		16-lb. Hammer, with Turn.		Points.
	ft.	in.	ft.	in.	ft.	in.	ft.	in.	ft.	in.	
0	18		14		50		85		75		0
1	18	3	14	3	50	6	85	6	75	6	1
2	18	6	14	6	51		86		76		2
3	18	9	14	9	51	6	86	6	76	6	3
4	19		15		52		87		77		4
5	19	3	15	3	52	6	87	6	77	6	5
6	19	6	15	6	53		88		78		6
7	19	9	15	9	53	6	88	6	78	6	7
8	20		16		54		89		79		8
9	20	3	16	3	54	6	89	6	79	6	9
10	20	6	16	6	55		90		80		10
11	20	9	16	9	55	6	90	6	80	6	11
12	21		17		56		91		81		12
13	21	3	17	3	56	6	91	6	81	6	13
14	21	6	17	6	57		92		82		14
15	21	9	17	9	57	6	92	6	82	6	15
16	22		18		58		93		83		16
17	22	3	18	3	58	6	93	6	83	6	17
18	22	6	18	6	59		94		84		18
19	22	9	18	9	59	6	94	6	84	6	19
20	23		19		60		95		85		20
21	23	3	19	3	60	6	95	6	85	6	21
22	23	6	19	6	61		96		86		22
23	23	9	19	9	61	6	96	6	86	6	23
24	24		20		62		97		87		24
25	24	3	20	3	62	6	97	6	87	6	25
26	24	6	20	6	63		98		88		26
27	24	9	20	9	63	6	98	6	88	6	27
28	25		21		64		99		89		28
29	25	3	21	3	64	6	99	6	89	6	29
30	25	6	21	6	65		100		90		30
31	25	9	21	9	65	6	100	6	90	6	31
32	26		22		66		101		91		32
33	26	3	22	3	66	6	101	6	91	6	33
34	26	6	22	6	67		102		92		34
35	26	9	22	9	67	6	102	6	92	6	35
36	27		23		68		103		93		36
37	27	3	23	3	68	6	103	6	93	6	37
38	27	6	23	6	69		104		94		38
39	27	9	23	9	69	6	104	6	94	6	39
40	28		24		70		105		95		40
41	28	3	24	3	70	6	105	6	95	6	41
42	28	6	24	6	71		106		96		42
43	28	9	24	9	71	6	106	6	96	6	43
44	29		25		72		107		97		44
45	29	3	25	3	72	6	107	6	97	6	45
46	29	6	25	6	73		108		98		46
47	29	9	25	9	73	6	108	6	98	6	47
48	30		26		74		109		99		48
49	30	3	26	3	74	6	109	6	99	6	49

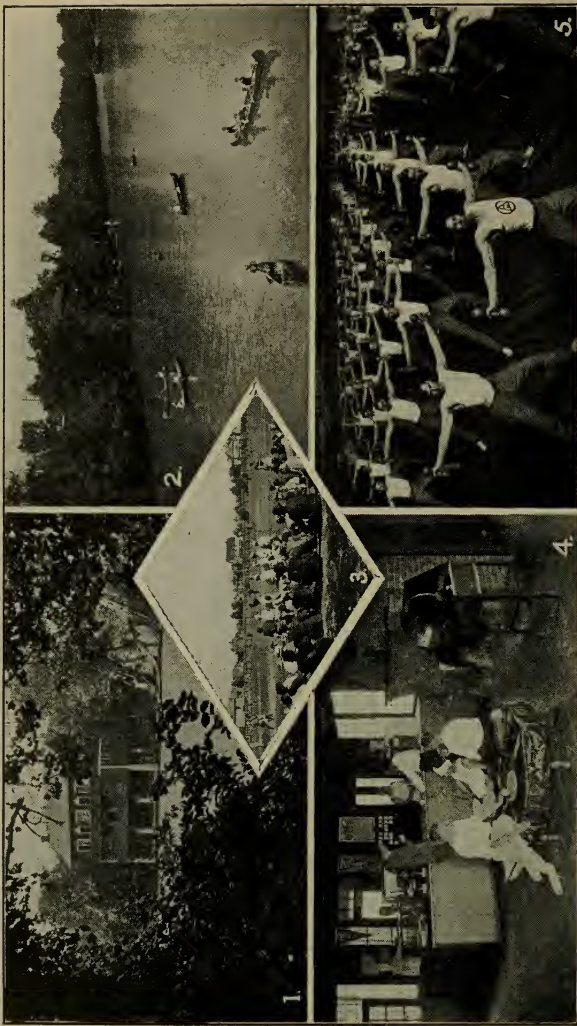


1, Club house and tennis court; 2, Canoe sheds; 3, Volley ball court; 4, Camping;
5, Hand ball.

ATHLETIC PARK, DAYTON, OHIO.

SCORING TABLE—WEIGHTS.

Points.	12-lb. Shot.		16-lb. Shot.		12-lb. Hammer, without Turn.		12-lb. Hammer, with Turn.		16-lb. Hammer, with Turn.		Points.
	ft.	in.	ft.	in.	ft.	in.	ft.	in.	ft.	in.	
50	30	6	26	6	75		110		100		50
51	30	9	26	9	75	6	110	6	100	6	51
52	31		27		76		111		101		52
53	31	3	27	3	76	6	111	6	101	6	53
54	31	6	27	6	77		112		102		54
55	31	9	27	9	77	6	112	6	102	6	55
56	32		28		78		113		103		56
57	32	3	28	3	78	6	113	6	103	6	57
58	32	6	28	6	79		114		104		58
59	32	9	28	9	79	6	114	6	104	6	59
60	33		29		80		115		105		60
61	33	3	29	3	80	6	115	6	105	6	61
62	33	6	29	6	81		116		106		62
63	33	9	29	9	81	6	116	6	106	6	63
64	34		30		82		117		107		64
65	34	3	30	3	82	6	117	6	107	6	65
66	34	6	30	6	83		118		108		66
67	34	9	30	9	83	6	118	6	108	6	67
68	35		31		84		119		109		68
69	35	3	31	3	84	6	119	6	109	6	69
70	35	6	31	6	85		120		110		70
71	35	9	31	9	85	6	120	6	110	6	71
72	36		32		86		121		111		72
73	36	3	32	3	86	6	121	6	111	6	73
74	36	6	32	6	87		122		112		74
75	36	9	32	9	87	6	122	6	112	6	75
76	37		33		88		123		113		76
77	37	3	33	3	88	6	123	6	113	6	77
78	37	6	33	6	89		124		114		78
79	37	9	33	9	89	6	124	6	114	6	79
80	38		34		90		125		115		80
81	38	3	34	3	90	6	125	6	115	6	81
82	38	6	34	6	91		126		116		82
83	38	9	34	9	91	6	126	6	116	6	83
84	39		35		92		127		117		84
85	39	3	35	3	92	6	127	6	117	6	85
86	39	6	35	6	93		128		118		86
87	39	9	35	9	93	6	128	6	118	6	87
88	40		36		94		129		119		88
89	40	3	36	3	94	6	129	6	119	6	89
90	40	6	36	6	95		130		120		90
91	40	9	36	9	95	6	130	6	120	6	91
92	41		37		96		131		121		92
93	41	3	37	3	96	6	131	6	121	6	93
94	41	6	37	6	97		132		122		94
95	41	9	37	9	97	6	132	6	122	6	95
96	42		38		98		133		123		96
97	42	3	38	3	98	6	133	6	123	6	97
98	42	6	38	6	99		134		124		98
99	42	9	38	9	99	6	134	6	124	6	99
100	43		39		100		135		125		100



1. View of boat house and lake. 2, Canoeing on the lake. 3, Base ball field. 4, Refreshment room. 5, Dumb bell drill.

ATHLETIC PARK, DAYTON, OHIO.

SCORING TABLE—BROAD JUMP.

Points.	Standing Broad Jump.		Two Standing Broad Jumps.		Three Standing Broad Jumps.		Running Broad Jump.		Points.
	ft.	in.	ft.	in.	ft.	in.	ft.	in.	
0	6		11	8	17		11	8	0
1	6	0 1/2	11	9	17	2	11	9	1
2	6	1	11	10	17	4	11	10	2
3	6	1 1/2	11	11	17	6	11	11	3
4	6	2	12		17	8	12		4
5	6	2 1/2	12	1	17	10	12	1	5
6	6	3	12	2	18		12	2	6
7	6	3 1/2	12	3	18	2	12	3	7
8	6	4	12	4	18	4	12	4	8
9	6	4 1/2	12	5	18	6	12	5	9
10	6	5	12	6	18	8	12	6	10
11	6	5 1/2	12	7	18	10	12	7	11
12	6	6	12	8	19		12	8	12
13	6	6 1/2	12	9	19	2	12	9	13
14	6	7	12	10	19	4	12	10	14
15	6	7 1/2	12	11	19	6	12	11	15
16	6	8	13		19	8	13		16
17	6	8 1/2	13	1	19	10	13	1	17
18	6	9	13	2	20		13	2	18
19	6	9 1/2	13	3	20	2	13	3	19
20	6	10	13	4	20	4	13	4	20
21	6	10 1/2	13	5	20	6	13	5	21
22	6	11	13	6	20	8	12	6	22
23	6	11 1/2	13	7	20	10	13	7	23
24	7		13	8	21		13	8	24
25	7	0 1/2	13	9	21	2	13	9	25
26	7	1	13	10	21	4	13	10	26
27	7	1 1/2	13	11	21	6	13	11	27
28	7	2	14		21	8	14		28
29	7	2 1/2	14	1	21	10	14	1	29
30	7	3	14	2	22		14	2	30
31	7	3 1/2	14	3	22	2	14	3	31
32	7	4	14	4	22	4	14	4	32
33	7	4 1/2	14	5	22	6	14	5	33
34	7	5	14	6	22	8	14	6	34
35	7	5 1/2	14	7	22	10	14	7	35
36	7	6	14	8	23		14	8	36
37	7	6 1/2	14	9	23	2	14	9	37
38	7	7	14	10	23	4	14	10	38
39	7	7 1/2	14	11	23	6	14	11	39
40	7	8	15		23	8	15		40
41	7	8 1/2	15	1	23	10	15	1	41
42	7	9	15	2	24		15	2	42
43	7	9 1/2	15	3	24	2	15	3	43
44	7	10	15	4	24	4	15	4	44
45	7	10 1/2	15	5	24	6	15	5	45
46	7	11	15	6	24	8	15	6	46
47	7	11 1/2	15	7	24	10	15	7	47
48	8		15	8	25		15	8	48
49	8	0 1/2	15	9	25	2	15	9	49



1 and 2, Annual Field Day for School Children, Dayton, Ohio. 3, Finish of Annual Two-Mile Road Race, Dayton, Ohio.

SCORING TABLE—BROAD JUMP.

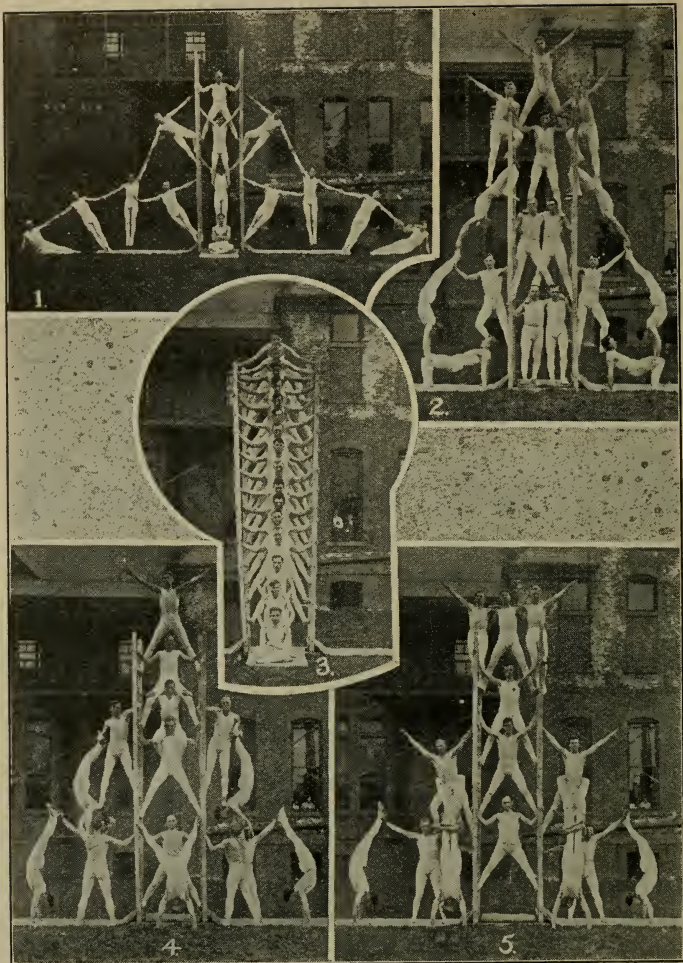
Points.	Standing Broad Jump.		Two Standing Broad Jumps.		Three Standing Broad Jumps.		Running Broad Jump.		Points.
	ft.	in.	ft.	in.	ft.	in.	ft.	in.	
50	8	1	15	10	25	4	15	10	50
51	8	1 1/2	15	11	25	6	15	11	51
52	8	2	16		25	8	16		52
53	8	2 1/2	16	1	25	10	16	1	53
54	8	3	16	2	26		16	2	54
55	8	3 1/2	16	3	26	2	16	3	55
56	8	4	16	4	26	4	16	4	56
57	8	4 1/2	16	5	26	6	16	5	57
58	8	5	16	6	26	8	16	6	58
59	8	5 1/2	16	7	26	10	16	7	59
60	8	6	16	8	27		16	8	60
61	8	6 1/2	16	9	27	2	16	9	61
62	8	7	16	10	27	4	16	10	62
63	8	7 1/2	16	11	27	6	16	11	63
64	8	8	17		27	8	17		64
65	8	8 1/2	17	1	27	10	17	1	65
66	8	9	17	2	28		17	2	66
67	8	9 1/2	17	3	28	2	17	3	67
68	8	10	17	4	28	4	17	4	68
69	8	10 1/2	17	5	28	6	17	5	69
70	8	11	17	6	28	8	17	6	70
71	8	11 1/2	17	7	28	10	17	7	71
72	9		17	8	29		17	8	72
73	9	0 1/2	17	9	29	2	17	9	73
74	9	1	17	10	29	4	17	10	74
75	9	1 1/2	17	11	29	6	17	11	75
76	9	2	18		29	8	18		76
77	9	2 1/2	18	1	29	10	18	1	77
78	9	3	18	2	30		18	2	78
79	9	3 1/2	18	3	30	2	18	3	79
80	9	4	18	4	30	4	18	4	80
81	9	4 1/2	18	5	30	6	18	5	81
82	9	5	18	6	30	8	18	6	82
83	9	5 1/2	18	7	30	10	18	7	83
84	9	6	18	8	31		18	8	84
85	9	6 1/2	18	9	31	2	18	9	85
86	9	7	18	10	31	4	18	10	86
87	9	7 1/2	18	11	31	6	18	11	87
88	9	8	19		31	8	19		88
89	9	8 1/2	19	1	31	10	19	1	89
90	9	9	19	2	32		19	2	90
91	9	9 1/2	19	3	32	2	19	3	91
92	9	10	19	4	32	4	19	4	92
93	9	10 1/2	19	5	32	6	19	5	93
94	9	11	19	6	32	8	19	6	94
95	9	11 1/2	19	7	32	10	19	7	95
96	10		19	8	33		19	8	96
97	10	0 1/2	19	9	33	2	19	9	97
98	10	1	19	10	33	4	19	10	98
99	10	1 1/2	19	11	33	6	19	11	99
100	10	2	20		33	8	20		100



1 and 2, R. L. Beutell; 3, Phil Ammons, Capt., Noon Class Volley Ball League; 4, P. L. Wootten; 5, Mendel Romm, Atlanta (Ga.) Y. M. C. A.; 6, Columbus (Ga.) Y. M. C. A. Acrobatic Team.

SCORING TABLE—JUMP, VAULT, DIVE, ROPE CLIMB.

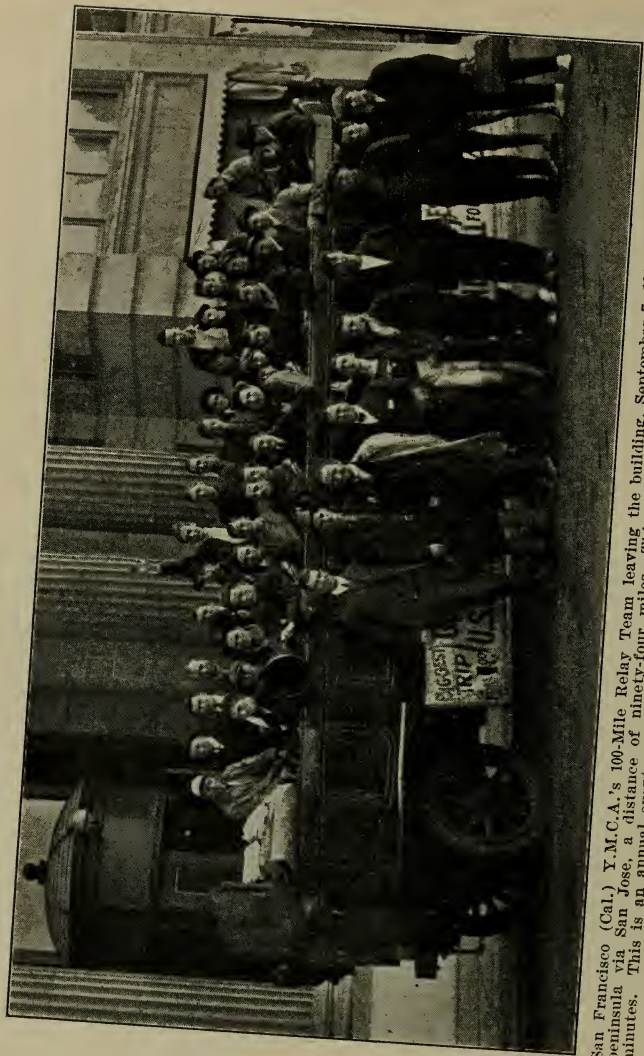
Points.	Running High Jump.		Standing High Jump.		Pole Vault.		Running High Dive.		18-ft. Rope Climb.	Points.
	ft.	in.	ft.	in.	ft.	in.	ft.	in.	sec.	
0	3	6	2	9	5	10	3	9	9 3/5	0
1	3	6 1/4	2	9 1/4	5	10 1/2	3	9 1/4		1
2	3	6 1/2	2	9 1/2	5	11	3	9 1/2		2
3	3	6 3/4	2	9 3/4	5	11 1/2	3	9 3/4		3
4	3	7	2	10	6		3	10		4
5	3	7 1/4	2	10 1/4	6	0 1/2	3	10 1/4	9 2/5	5
6	3	7 1/2	2	10 1/2	6	1	3	10 1/2		6
7	3	7 3/4	2	10 3/4	6	1 1/2	3	10 3/4		7
8	3	8	2	11	6	2	3	11		8
9	3	8 1/4	2	11 1/4	6	2 1/2	3	11 1/4		9
10	3	8 1/2	2	11 1/2	6	3	3	11 1/2	9 1/5	10
11	3	8 3/4	2	11 3/4	6	3 1/2	3	11 3/4		11
12	3	9	3		6	4	4			12
13	3	9 1/4	3	0 1/4	6	4 1/2	4	0 1/4		13
14	3	9 1/2	3	0 1/2	6	5	4	0 1/2		14
15	3	9 3/4	3	0 3/4	6	5 1/2	4	0 3/4	9	15
16	3	10	3	1	6	6	4	1		16
17	3	10 1/4	3	1 1/4	6	6 1/2	4	1 1/4		17
18	3	10 1/2	3	1 1/2	6	7	4	1 1/2		18
19	3	10 3/4	3	1 3/4	6	7 1/2	4	1 3/4		19
20	3	11	3	2	6	8	4	2	8 4/5	20
21	3	11 1/4	3	2 1/4	6	8 1/2	4	2 1/4		21
22	3	11 1/2	3	2 1/2	6	9	4	2 1/2		22
23	3	11 3/4	3	2 3/4	6	9 1/2	4	2 3/4		23
24	4		3	3	6	10	4	3		24
25	4	0 1/4	3	3 1/4	6	10 1/2	4	3 1/4	8 3/5	25
26	4	0 1/2	3	3 1/2	6	11	4	3 1/2		26
27	4	0 3/4	3	3 3/4	6	11 1/2	4	3 3/4		27
28	4	1	3	4	7		4	4		28
29	4	1 1/4	3	4 1/4	7	0 1/2	4	4 1/4		29
30	4	1 1/2	3	4 1/2	7	1	4	4 1/2	8 2/5	30
31	4	1 3/4	3	4 3/4	7	1 1/2	4	4 3/4		31
32	4	2	3	5	7	2	4	5		32
33	4	2 1/4	3	5 1/4	7	2 1/2	4	5 1/4		33
34	4	2 1/2	3	5 1/2	7	3	4	5 1/2		34
35	4	2 3/4	3	5 3/4	7	3 1/2	4	5 3/4	8 1/5	35
36	4	3	3	6	7	4	4	6		36
37	4	3 1/4	3	6 1/4	7	4 1/2	4	6 1/4		37
38	4	3 1/2	3	6 1/2	7	5	4	6 1/2		38
39	4	3 3/4	3	6 3/4	7	5 1/2	4	6 3/4		39
40	4	4	3	7	7	6	4	7	8	40
41	4	4 1/4	3	7 1/4	7	6 1/2	4	7 1/4		41
42	4	4 1/2	3	7 1/2	7	7	4	7 1/2		42
43	4	4 3/4	3	7 3/4	7	7 1/2	4	7 3/4		43
44	4	5	3	8	7	8	4	8		44
45	4	5 1/4	3	8 1/4	7	8 1/2	4	8 1/4	7 4/5	45
46	4	5 1/2	3	8 1/2	7	9	4	8 1/2		46
47	4	5 3/4	3	8 3/4	7	9 1/2	4	8 3/4		47
48	4	6	3	9	7	10	4	9		48
49	4	6 1/4	3	9 1/4	7	10 1/2	4	9 1/4	7 3/5	49



PYRAMIDS.
 BLOOMINGTON (ILL.) Y. M. C. A.

SCORING TABLE—JUMP, VAULT, DIVE, ROPE CLIMB.

Points.	Running High Jump.		Standing High Jump.		Pole Vault.		Running High Dive.		18-ft. Rope Climb.	Points.
	ft.	in.	ft.	in.	ft.	in.	ft.	in.	sec.	
50	4	6 1/2	3	9 1/2	7	11	4	9 1/2	7 2/5	50
51	4	6 3/4	3	9 3/4	7	11 1/2	4	9 3/4		51
52	4	7	3	10	8		4	10		52
53	4	7 1/4	3	10 1/4	8	0 1/2	4	10 1/4		53
54	4	7 1/2	3	10 1/2	8	1	4	10 1/2		54
55	4	7 3/4	3	10 3/4	8	1 1/2	4	10 3/4	7 1/5	55
56	4	8	3	11	8	2	4	11		56
57	4	8 1/4	3	11 1/4	8	2 1/2	4	11 1/4		57
58	4	8 1/2	3	11 1/2	8	3	4	11 1/2		58
59	4	8 3/4	3	11 3/4	8	3 1/2	4	11 3/4		59
60	4	9	4		8	4	5		7	60
61	4	9 1/4	4	0 1/4	8	4 1/2	5	0 1/4		61
62	4	9 1/2	4	0 1/2	8	5	5	0 1/2		62
63	4	9 3/4	4	0 3/4	8	5 1/2	5	0 3/4		63
64	4	10	4	1	8	6	5	1		64
65	4	10 1/4	4	1 1/4	8	6 1/2	5	1 1/4	6 4/5	65
66	4	10 1/2	4	1 1/2	8	7	5	1 1/2		66
67	4	10 3/4	4	1 3/4	8	7 1/2	5	1 3/4		67
68	4	11	4	2	8	8	5	2		68
69	4	11 1/4	4	2 1/4	8	8 1/2	5	2 1/4		69
70	4	11 1/2	4	2 1/2	8	9	5	2 1/2	6 3/5	70
71	4	11 3/4	4	2 3/4	8	9 1/2	5	2 3/4		71
72	5		4	3	8	10	5	3		72
73	5	0 1/4	4	3 1/4	8	10 1/2	5	3 1/4		73
74	5	0 1/2	4	3 1/2	8	11	5	3 1/2		74
75	5	0 3/4	4	3 3/4	8	11 1/2	5	3 3/4	6 2/5	75
76	5	1	4	4	9		5	4		76
77	5	1 1/4	4	4 1/4	9	0 1/2	5	4 1/4		77
78	5	1 1/2	4	4 1/2	9	1	5	4 1/2		78
79	5	1 3/4	4	4 3/4	9	1 1/2	5	4 3/4		79
80	5	2	4	5	9	2	5	5	6 1/5	80
81	5	2 1/4	4	5 1/4	9	2 1/2	5	5 1/4		81
82	5	2 1/2	4	5 1/2	9	3	5	5 1/2		82
83	5	2 3/4	4	5 3/4	9	3 1/2	5	5 3/4		83
84	5	3	4	6	9	4	5	6		84
85	5	3 1/4	4	6 1/4	9	4 1/2	5	6 1/4	6	85
86	5	3 1/2	4	6 1/2	9	5	5	6 1/2		86
87	5	3 3/4	4	6 3/4	9	5 1/2	5	6 3/4		87
88	5	4	4	7	9	6	5	7		88
89	5	4 1/4	4	7 1/4	9	6 1/2	5	7 1/4		89
90	5	4 1/2	4	7 1/2	9	7	5	7 1/2	5 4/5	90
91	5	4 3/4	4	7 3/4	9	7 1/2	5	7 3/4		91
92	5	5	4	8	9	8	5	8		92
93	5	5 1/4	4	8 1/4	9	8 1/2	5	8 1/4		93
94	5	5 1/2	4	8 1/2	9	9	5	8 1/2		94
95	5	5 3/4	4	8 3/4	9	9 1/2	5	8 3/4	5 3/5	95
96	5	6	4	9	9	10	5	9		96
97	5	6 1/4	4	9 1/4	9	10 1/2	5	9 1/4		97
98	5	6 1/2	4	9 1/2	9	11	5	9 1/2		98
99	5	6 3/4	4	9 3/4	9	11 1/2	5	9 3/4		99
100	5	7	4	10	10		5	10	5 2/5	100



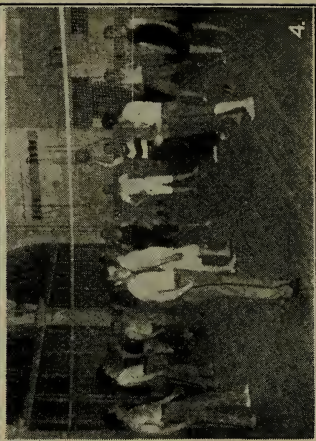
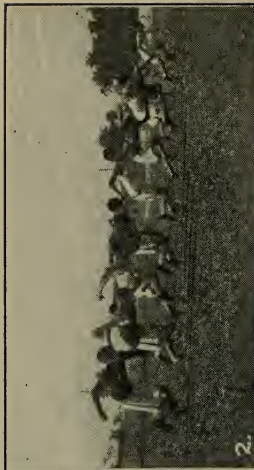
San Francisco (Cal.) Y.M.C.A.'s 100-Mile Relay Team leaving the building, September 7, 1914, for Oakland, around the peninsula via San Jose, a distance of ninety-four miles. This distance was made by forty-four men in 8 hours and 50 minutes. This is an annual event.

SCORING TABLE—HOP, STEP, JUMP; KICKING.

Points.	Standing Hop, Step and Jump.		Running Hop, Step and Jump.		Running High Kick.		Hitch and Kick.		Double Kick.		Points.
	ft.	in.	ft.	in.	ft.	in.	ft.	in.	ft.	in.	
0	21	8	24		4	10	4	7	3	11	0
1	21	9	24	2	4	10 1/2	4	7 1/2	3	11 1/4	1
2	21	10	24	4	4	11	4	8	3	11 1/2	2
3	21	11	24	6	4	11 1/2	4	8 1/2	3	11 3/4	3
4	22		24	8	5		4	9	4		4
5	22	1	24	10	5	0 1/2	4	9 1/2	4	0 1/4	5
6	22	2	25		5	1	4	10	4	0 1/2	6
7	22	3	25	2	5	1 1/2	4	10 1/2	4	0 3/4	7
8	22	4	25	4	5	2	4	11	4	1	8
9	22	5	25	6	5	2 1/2	4	11 1/2	4	1 1/4	9
10	22	6	25	8	5	3	5		4	1 1/2	10
11	22	7	25	10	5	3 1/2	5	0 1/2	4	1 3/4	11
12	22	8	26		5	4	5	1	4	2	12
13	22	9	26	2	5	4 1/2	5	1 1/2	4	2 1/4	13
14	22	10	26	4	5	5	5	2	4	2 1/2	14
15	22	11	26	6	5	5 1/2	5	2 1/2	4	2 3/4	15
16	23		26	8	5	6	5	3	4	3	16
17	23	1	26	10	5	6 1/2	5	3 1/2	4	3 1/4	17
18	23	2	27		5	7	5	4	4	3 1/2	18
19	23	3	27	2	5	7 1/2	5	4 1/2	4	3 3/4	19
20	23	4	27	4	5	8	5	5	4	4	20
21	23	5	27	6	5	8 1/2	5	5 1/2	4	4 1/4	21
22	23	6	27	8	5	9	5	6	4	4 1/2	22
23	23	7	27	10	5	9 1/2	5	6 1/2	4	4 3/4	23
24	23	8	28		5	10	5	7	4	5	24
25	23	9	28	2	5	10 1/2	5	7 1/2	4	5 1/4	25
26	23	10	28	4	5	11	5	8	4	5 1/2	26
27	23	11	28	6	5	11 1/2	5	8 1/2	4	5 3/4	27
28	24		28	8	6		5	9	4	6	28
29	24	1	28	10	6	0 1/2	5	9 1/2	4	6 1/4	29
30	24	2	29		6	1	5	10	4	6 1/2	30
31	24	3	29	2	6	1 1/2	5	10 1/2	4	6 3/4	31
32	24	4	29	4	6	2	5	11	4	7	32
33	24	5	29	6	6	2 1/2	5	11 1/2	4	7 1/4	33
34	24	6	29	8	6	3	6		4	7 1/2	34
35	24	7	29	10	6	3 1/2	6	0 1/2	4	7 3/4	35
36	24	8	30		6	4	6	1	4	8	36
37	24	9	30	2	6	4 1/2	6	1 1/2	4	8 1/4	37
38	24	10	30	4	6	5	6	2	4	8 1/2	38
39	24	11	30	6	6	5 1/2	6	2 1/2	4	8 3/4	39
40	25		30	8	6	6	6	3	4	9	40
41	25	1	30	10	6	6 1/2	6	3 1/2	4	9 1/4	41
42	25	2	31		6	7	6	4	4	9 1/2	42
43	25	3	31	2	6	7 1/2	6	4 1/2	4	9 3/4	43
44	25	4	31	4	6	8	6	5	4	10	44
45	25	5	31	6	6	8 1/2	6	5 1/2	4	10 1/4	45
46	25	5	31	8	6	9	6	6	4	10 1/2	46
47	25	7	31	10	6	9 1/2	6	6 1/2	4	10 3/4	47
48	25	8	32		6	10	6	7	4	11	48
49	25	9	32	2	6	10 1/2	6	7 1/2	4	11 1/4	49

SCORING TABLE—HOP, STEP, JUMP; KICKING.

Points.	Standing Hop, Step and Jump.		Running Hop, Step and Jump.		Running High Kick.		Hitch and Kick.		Double Kick.		Points.
	ft.	in.	ft.	in.	ft.	in.	ft.	in.	ft.	in.	
50	25	10	32	4	6	11	6	8	4	11 1/2	50
51	25	11	32	6	6	11 1/2	6	8 1/2	4	11 3/4	51
52	26		32	8	7		6	9	5		52
53	26	1	32	10	7	0 1/2	6	9 1/2	5	0 1/4	53
54	26	2	33		7	1	6	10	5	0 1/2	54
55	26	3	33	2	7	1 1/2	6	10 1/2	5	0 3/4	55
56	26	4	33	4	7	2	6	11	5	1	56
57	26	5	33	6	7	2 1/2	6	11 1/2	5	1 1/4	57
58	26	6	33	8	7	3	7		5	1 1/2	58
59	26	7	33	10	7	3 1/2	7	0 1/2	5	1 3/4	59
60	26	8	34		7	4	7	1	5	2	60
61	26	9	34	2	7	4 1/2	7	1 1/2	5	2 1/4	61
62	26	10	34	4	7	5	7	2	5	2 1/2	62
63	26	11	34	6	7	5 1/2	7	2 1/2	5	2 3/4	63
64	27		34	8	7	6	7	3	5	3	64
65	27	1	34	10	7	6 1/2	7	3 1/2	5	3 1/4	65
66	27	2	35		7	7	7	4	5	3 1/2	66
67	27	3	35	2	7	7 1/2	7	4 1/2	5	3 3/4	67
68	27	4	35	4	7	8	7	5	5	4	68
69	27	5	35	6	7	8 1/2	7	5 1/2	5	4 1/4	69
70	27	6	35	8	7	9	7	6	5	4 1/2	70
71	27	7	35	10	7	9 1/2	7	6 1/2	5	4 3/4	71
72	27	8	36		7	10	7	7	5	5	72
73	27	9	36	2	7	10 1/2	7	7 1/2	5	5 1/4	73
74	27	10	36	4	7	11	7	8	5	5 1/2	74
75	27	11	36	6	7	11 1/2	7	8 1/2	5	5 3/4	75
76	28		36	8	8		7	9	5	6	76
77	28	1	36	10	8	0 1/2	7	9 1/2	5	6 1/4	77
78	28	2	37		8	1	7	10	5	6 1/2	78
79	28	3	37	2	8	1 1/2	7	10 1/2	5	6 3/4	79
80	28	4	37	4	8	2	7	11	5	7	80
81	28	5	37	6	8	2 1/2	7	11 1/2	5	7 1/4	81
82	28	6	37	8	8	3	8		5	7 1/2	82
83	28	7	37	10	8	3 1/2	8	0 1/2	5	7 3/4	83
84	28	8	38		8	4	8	1	5	8	84
85	28	9	38	2	8	4 1/2	8	1 1/2	5	8 1/4	85
86	28	10	38	4	8	5	8	2	5	8 1/2	86
87	28	11	38	6	8	5 1/2	8	2 1/2	5	8 3/4	87
88	29		38	8	8	6	8	3	5	9	88
89	29	1	38	10	8	6 1/2	8	3 1/2	5	9 1/4	89
90	29	2	39		8	7	8	4	5	9 1/2	90
91	29	3	39	2	8	7 1/2	8	4 1/2	5	9 3/4	91
92	29	4	39	4	8	8	8	5	5	10	92
93	29	5	39	6	8	8 1/2	8	5 1/2	5	10 1/4	93
94	29	6	39	8	8	9	8	6	5	10 1/2	94
95	29	7	39	10	8	9 1/2	8	6 1/2	5	10 3/4	95
96	29	8	40		8	10	8	7	5	11	96
97	29	9	40	2	8	10 1/2	8	7 1/2	5	11 1/4	97
98	29	10	40	4	8	11	8	8	5	11 1/2	98
99	29	11	40	6	8	11 1/2	8	8 1/2	5	11 3/4	99
100	30		40	8	9		8	9	6		100



1, Field Meet, Chihuahua, Mexico. All taking part were Mexicans except one. 2, Y. M. C. A. Field Meet, Havana, Cuba. 3, Y. M. C. A. Track Team, Havana, Cuba. 4, Volley Ball, Havana, Cuba.

ALL-ROUND INDOOR TEST

J. H. McCURDY, M. D.

I. EVENTS.

The events shall be: (1) marching, (2) calisthenics, (3) parallel bars, (4) side horse, (5) horizontal bar (high or low), (6) one-quarter mile potato race, (7) three standing broad jumps, (8) running broad jump, (9) long horse, (10) pole vault for height.

II. GRADES.

The contest shall have the following grades: Elementary, intermediate, and advanced. The elementary grade shall consist of the first six events, the intermediate of the first eight events, and the advanced of the whole ten events.

The following arrangement of five grades is recommended to Associations desiring to hold examinations on the five-grade system. The elementary grade to be divided into first and second grades; the intermediate into third and fourth grades, and the advanced the fifth grade. The first and second to include the first six events; the third the first seven, the fourth the first eight, and the fifth all the events.

III. ORDER.

The order in each grade shall be: (1) marching, (2) calisthenics, (3) apparatus work, (4) athletic work, of which the potato race shall be the last. In the apparatus and athletic work the clerk of the course shall divide the contestants into as many divisions as apparatus and floor space will allow. No contestant shall on any condition be allowed to change his division.

IV. OFFICERS.

All meetings shall be under the direction of one referee, six measurers, six judges of apparatus work, three timers, one starter, one scorer, one marshal, and one clerk of the course.

The measurers and judges of apparatus work shall also act as judges in the marching and calisthenics.

V. REFEREE.

The referee shall have general charge of all officers, contestants, and games. When appealed to, he shall decide all questions of dispute not otherwise covered in these rules. His decision shall be final. He shall also select the exercises as directed in Rule XVI.

VI. MEASURERS.

The measurers shall be judges for the broad jump, the high jump, and the pole vault. They shall also act as judges on the marching and calisthenics. They shall report each contestant's best record to the scorer.

VII. JUDGES OF GYMNASTICS

The judges on each piece of apparatus shall judge independently. They shall report to the scorer each contestant's ability in each exercise in that special event. Their method shall be as follows:

(a) Marching shall be marked on a basis of 100 points, equal consideration being given to form and correctness.

(b) Calisthenics shall be marked on a basis of 100 points, giving 40 for correctness and 60 for form.

(c) Each exercise upon the apparatus shall be marked on a basis of 100, giving 10 for correct approach, 20 for doing the exercise called for, 50 for form in that exercise in proportion to the amount of the exercise done correctly and 20 for retreat. The total of the three exercises shall be divided by three. The approach shall be from a mark previously indicated in front of the apparatus. The retreat shall be from the time the feet strike the mat or floor until "position" is secured and the contestant has marched past an indicated point. When, because of accident to the contestant in the performance of an exercise, the judges deem a second trial desirable, they may grant it, but shall then mark the exercise on a basis of a maximum of 70 points. In case of accident to the supports, a second trial shall be permitted without prejudice to the contestant.

VIII. TIMERS.

One watch shall be held on each runner. The watch shall be started at the *flash* of the pistol. The timers shall report to the scorer each contestant's time at the close of that event.

IX. STARTER.

The starter shall have entire control of the competitors at their marks. The penalties for false starting shall be as follows: The competitor shall be put back one yard for the first, and another yard for the second offence. A third false start shall disqualify the runner. A false start is where any portion of the person touches the ground in front of the mark before the pistol report.

X. SCORER.

The scorer shall keep a complete list of all competitors, crediting each man with his performance in each event as reported by the judges, measurers, or timers. He shall reduce the judges' report in each event to the basis of 100 points. He shall place in the lower space the number of points made by contestants in each event as determined by the judges in marching, calisthenics, and apparatus work; also, the number of points in athletic work, as shown by the scoring table.

XI. MARSHAL.

The marshal shall have full police charge, and see that the spectators are kept in the place assigned them.

XII. CLERK OF THE COURSE.

The clerk of the course shall furnish each contestant, in regular order, commencing with the tallest, a number by which he shall be known in that competition; he shall also assign to him his division in the contest.

XIII. RECORDS.

In using the five-grade system, in the first and second grades divide each contestant's total by 6; in the third grade by 7; in the fourth grade by 8; in the fifth grade by 10.

The maximum in each event in this contest shall be 100 points. Each contestant's total number of points in the elementary grade shall be divided by 6, in the intermediate by 8, and in the advanced by 10.

XIV. MARCHING.

The marching shall occupy not less than ten nor more than fifteen minutes, the judging being done by the measurers and judges. Contestants shall drill in line, according to number.

XV. CALISTHENICS.

The calisthenic exercises shall occupy not less than ten nor more than fifteen minutes, the judging being done by the

measurers and judges. Contestants shall be so arranged as to reduce to a minimum any advantage of position or distance from the leader.

XVI. APPARATUS WORK.

The contest on each piece of apparatus shall consist of three exercises selected by the referee (except in the advanced grade, when one exercise on each apparatus shall be selected by the contestant) on the day of competition from a list of ten, said ten exercises to have been determined upon by District, State, Section, or Governing Committee, and forwarded to Associations competing, not less than four weeks before the contest.

Exception.—In a local contest the referee shall select the exercises from any of that grade which have been taught during the season.

XVII. POTATO RACE.

Seventeen potatoes (or other light objects), and two boxes, four inches deep, twelve inches in diameter, set on stands two feet high, shall be furnished each contestant. The outer edges of these boxes shall be thirty-one feet apart. The runner may start on either side of the full potato box from a line parallel to its outer edge, with one potato in his hand. He shall run around both boxes each time, placing one potato in the other box, and finishing at the starting point on the opposite side of his own box. Grasping either stand in any way, failure to run around both boxes, or a failure to transfer all the potatoes singly into the other box, shall disqualify the runner.

In case potatoes are dropped or upset by the runner he shall replace same without assistance before proceeding with the run. He shall not interfere with the other runner in any way. He shall be disqualified by the referee for violation of the above. The boxes may be fixed to stands, the base of which shall be approximately the same size in area as the boxes. Stands shall not be fixed to floor.

XVIII. THREE STANDING BROAD JUMPS.

The feet of the competitor shall leave the ground only once in making an attempt for each of the three jumps, and no stoppage between jumps shall be allowed. Each competitor shall have three trial jumps. He shall be credited with his best performance in those trials. The jumps shall be made from the board floor, and the distance shall be measured from the "scratch line" to the nearest point that is touched by any part of the person.

XIX. POLE VAULTING AND HIGH JUMP.

The bar shall be raised in the high jump not less than two inches at each elevation, and in the pole vault not less than four inches. Contestants shall jump in regular order, as called by measurer. Contestant may omit his trial at any height, but shall not be allowed to try that height should he fail on the next elevation. The jump shall be made over a square bar, displacement of the bar counting as a "try." Each contestant shall be allowed not to exceed ten trials. Three failures at any height shall debar contestant from further trials in that event. A height having been attempted must be cleared before a greater height can be attempted. Contestants shall be credited with their best performance, according to the rules. Three balks shall count as a try. The run shall be limited to thirty-one feet in the pole vault.

XX. DIPLOMAS.

A total of 60 points (elementary work) shall entitle contestant to elementary (first and second grade) certificate and the right to wear the emblem of that grade; a total of 70 points (intermediate work) to an intermediate (third and fourth grade) certificate with its emblem; a total of 70 points (advanced work) shall entitle contestant to an advanced (fifth grade) certificate and emblem. For method of obtaining points, see rules 3 and 13. Contestants must present their certificates of lower grades before they can enter as contestants in higher ones.

SCORING TABLE.

Rank.	High Jump.		3 Standing Broad Jumps.		Pole Vault.		Potato Race.		Rank.
	ft.	in.	ft.	in.	ft.	in.	min.	sec.	
0	3	6	17	0	5	10	2	0	0
1	3	6 1-4	17	2	5	10 1-2	1	59 4-5	1
2	3	6 1-2	17	4	5	11	1	59 3-5	2
3	3	6 3-4	17	6	5	11 1-2	1	59 2-5	3
4	3	7	17	8	6	0	1	59 1-5	4
5	3	7 1-4	17	10	6	0 1-2	1	59	5
6	3	7 1-2	18	0	6	1	1	58 4-5	6
7	3	7 3-4	18	2	6	1 1-2	1	58 3-5	7
8	3	8	18	4	6	2	1	58 2-5	8
9	3	8 1-4	18	6	6	2 1-2	1	58 1-5	9
10	3	8 1-2	18	8	6	3	1	58	10
11	3	8 3-4	18	10	6	3 1-2	1	57 4-5	11
12	3	9	19	0	6	4	1	57 3-5	12
13	3	9 1-4	19	2	6	4 1-2	1	57 2-5	13
14	3	9 1-2	19	4	6	5	1	57 1-5	14
15	3	9 3-4	19	6	6	5 1-2	1	57	15
16	3	10	19	8	6	6	1	56 4-5	16
17	3	10 1-4	19	10	6	6 1-2	1	56 3-5	17
18	3	10 1-2	20	0	6	7	1	56 2-5	18
19	3	10 3-4	20	2	6	7 1-2	1	56 1-5	19
20	3	11	20	4	6	8	1	56	20
21	3	11 1-4	20	6	6	8 1-2	1	55 4-5	21
22	3	11 1-2	20	8	6	9	1	55 3-5	22
23	3	11 3-4	20	10	6	9 1-2	1	55 2-5	23
24	4	0	21	0	6	10	1	55 1-5	24
25	4	0 1-4	21	2	6	10 1-2	1	55	25
26	4	0 1-2	21	4	6	11	1	54 4-5	26
27	4	0 3-4	21	6	6	11 1-2	1	54 3-5	27
28	4	1	21	8	7	0	1	54 2-5	28
29	4	1 1-4	21	10	7	0 1-2	1	54 1-5	29
30	4	1 1-2	22	0	7	1		54	30
31	4	1 3-4	22	2	7	1 1-2		53 4-5	31
32	4	2	22	4	7	2		53 3-5	32
33	4	2 1-4	22	6	7	2 1-2		53 2-5	33
34	4	2 1-2	22	8	7	3	1	53 1-5	34
35	4	2 3-4	22	10	7	3 1-2	1	53	35
36	4	3	23	0	7	4	1	52 4-5	36
37	4	3 1-4	23	2	7	4 1-2	1	52 3-5	37
38	4	3 1-2	23	4	7	5	1	52 2-5	38
39	4	3 3-4	23	6	7	5 1-2	1	52 1-5	39
40	4	4	23	8	7	6	1	52	40
41	4	4 1-4	23	10	7	6 1-2	1	51 4-5	41
42	4	4 1-2	24	0	7	7	1	51 3-5	42
43	4	4 3-4	24	2	7	7 1-2	1	51 2-5	43
44	4	5	24	4	7	8	1	51 1-5	44
45	4	5 1-4	24	6	7	8 1-2	1	51	45
46	4	5 1-2	24	8	7	9	1	50 4-5	46
47	4	5 3-4	24	10	7	9 1-2	1	50 3-5	47
48	4	6	25	0	7	10	1	50 2-5	48
49	4	6 1-4	25	2	7	10 1-2	1	50 1-5	49

SCORING TABLE.

Rank.	High Jump.		3 Standing Broad Jumps.		Pole Vault.		Potato Race.		Rank.
	ft.	in.	ft.	in.	ft.	in.	min.	sec.	
50	4	6 1-2	25	4	7	11	1	50	50
51	4	6 3-4	25	6	7	11 1-2	1	49 4-5	51
52	4	7	25	8	8	0	1	49 3-5	52
53	4	7 1-4	25	10	8	0 1-2	1	49 2-5	53
54	4	7 1-2	26	0	8	1	1	49 1-5	54
55	4	7 3-4	26	2	8	1 1-2	1	49	55
56	4	8	26	4	8	2	1	48 4-5	56
57	4	8 1-4	26	6	8	2 1-2	1	48 3-5	57
58	4	8 1-2	26	8	8	3	1	48 2-5	58
59	4	8 3-4	26	10	8	3 1-2	1	48 1-5	59
60	4	9	27	0	8	4	1	48	60
61	4	9 1-4	27	2	8	4 1-2	1	47 4-5	61
62	4	9 1-2	27	4	8	5	1	47 3-5	62
63	4	9 3-4	27	6	8	5 1-2	1	47 2-5	63
64	4	10	27	8	8	6	1	47 1-5	64
65	4	10 1-4	27	10	8	6 1-2	1	47	65
66	4	10 1-2	28	0	8	7	1	46 4-5	66
67	4	10 3-4	28	2	8	7 1-2	1	46 3-5	67
68	4	11	28	4	8	8	1	46 2-5	68
69	4	11 1-4	28	6	8	8 1-2	1	46 1-5	69
70	4	11 1-2	28	8	8	9	1	46	70
71	4	11 3-4	28	10	8	9 1-2	1	45 4-5	71
72	5	0	29	0	8	10	1	45 3-5	72
73	5	0 1-4	29	2	8	10 1-2	1	45 2-5	73
74	5	0 1-2	29	4	8	11	1	45 1-5	74
75	5	0 3-4	29	6	8	11 1-2	1	45	75
76	5	1	29	8	9	0	1	44 4-5	76
77	5	1 1-4	29	10	9	0 1-2	1	44 3-5	77
78	5	1 1-2	30	0	9	1	1	44 2-5	78
79	5	1 3-4	30	2	9	1 1-2	1	44 1-5	79
80	5	2	30	4	9	2	1	44	80
81	5	2 1-4	30	6	9	2 1-2	1	43 4-5	81
82	5	2 1-2	30	8	9	3	1	43 3-5	82
83	5	2 3-4	30	10	9	3 1-2	1	43 2-5	83
84	5	3	31	0	9	4	1	43 1-5	84
85	5	3 1-4	31	2	9	4 1-2	1	43	85
86	5	3 1-2	31	4	9	5	1	42 4-5	86
87	5	3 3-4	31	6	9	5 1-2	1	42 3-5	87
88	5	4	31	8	9	6	1	42 2-5	88
89	5	4 1-4	31	10	9	6 1-2	1	42 1-5	89
90	5	4 1-2	32	0	9	7	1	42	90
91	5	4 3-4	32	2	9	7 1-2	1	41 4-5	91
92	5	5	32	4	9	8	1	41 3-5	92
93	5	5 1-4	32	6	9	8 1-2	1	41 2-5	93
94	5	5 1-2	32	8	9	9	1	41 1-5	94
95	5	5 3-4	32	10	9	9 1-2	1	41	95
96	5	6	33	0	9	10	1	40 4-5	96
97	5	6 1-4	33	2	9	10 1-2	1	40 3-5	97
98	5	6 1-2	33	4	9	11	1	40 2-5	98
99	5	6 3-4	33	6	9	11 1-2	1	40 1-5	99
100	5	7	33	8	10	0	1	40	100

INTERNATIONAL
HEXATHLON CONTEST
OF
YOUNG MEN'S CHRISTIAN ASSOCIATIONS
1915



CLASS A WON BY
SAN FRANCISCO, CAL.

R. M. LECGETH, CAPT.	W. H. GUINN	H. WEST
H. J. SMITH	N. E. DOLD	E. J. BOATHOF
W. LOHSE	E. L. AUSTIN	E. VALENTON
O. REICHENBACH	F. J. CALLEUX	W. CULLIVAN
A. M. BOHNETT	V. BOOKER	C. SMITH
V. D. KENDRICK	A. E. COATS	L. BARDSLEY
V. J. BIERL	W. E. DODDING	J. HINDERS
E. C. KINGSBURY	H. W. DODGE	I. C. CRAIG
C. A. WATKINSON	W. V. MORGAN	
M. M. SHREVELEY, PRINCIPAL DIRECTOR		
J. H. McALLUM, CHAIRMAN		

ONE OF THE FOUR INTERNATIONAL HEXATHLON TROPHIES.

Results of the First International Hexathlon Athletic Contest, March, 1915

The first annual hexathlon was a pronounced success.

One hundred and five Associations took part. Of these, sixteen were in class A; forty-four in class B; forty-five in class C. Three thousand four hundred and ninety-two different individuals competed. One thousand nine hundred and forty-one different individuals qualified in the finals.

Six Canadian Associations participated. In addition the Canadians held their own National hexathlon.

The events were the 60-yard potato race, 220-yard potato race, running high jump, standing broad jump, twelve-pound shot-put, fence vault.

The contests were held during the second and third weeks in March, 1915.

For the purpose of equalizing competition the Associations were divided into three classes, according to the size of the general membership—namely, into classes A, B and C.

Class A included Associations having a general membership of 2,000 or over.

Class B included Associations having a general membership of over 750 and under 2,000.

Class C included Associations having a membership of 750 or under.

The figures given in the Year Book for 1913-14 were used to classify Associations.

For each of these classes a beautiful trophy was presented. The trophies were similar in design and value, and consisted of beautiful bronze plaques 18 x 22 inches in size. The bronze plate rested upon a background of oak. The photograph of the winning team was etched upon the bronze plate and the individual names of the members of the team appeared upon the bronze in raised letters. Some States offered State trophies in addition to the trophies provided by the Athletic League for the Associations making the best records in the State. Usually this includes trophies for first, second and third places, determined by dividing the total score of class A Associations by ten; class B Associations by eight, and class C Associations by six.

This contest was one of the most comprehensive athletic contests ever held in North America in respect to territory covered, the number of organizations represented, and in the number of individuals participating. Associations entered as many athletes in the contest as they desired, but only the scores of a definite number counted. Associations in class A sent to the Athletic League office the records of the best ten in each event; those in class B the records of the best eight in each event; and those in class C the records of the best six in each event.

SCORING.

The events were scored as follows:

60-yard potato race: 18 seconds, 0 points; each 1-5 second less, 5 points; 14 seconds, 100 points.

220-yards potato race: 1 minute 20 seconds, 0 points; each 1-5 second less, 1 point; 1 minute, 100 points.

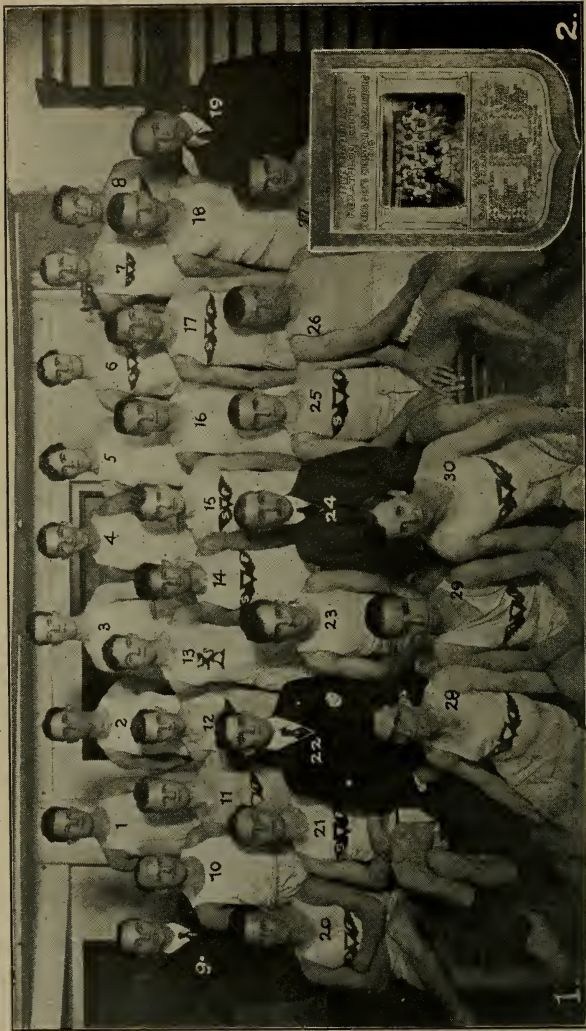
Running high jump: 3 feet 6 inches, 0 points; each inch more, 4 points; 5 feet 7 inches, 100 points.

Standing broad jump: 6 feet 0 inches, 0 points; each inch more, 2 points; 10 feet 2 inches, 100 points.

12-pound shot-put: 18 feet 0 inches, 0 points; each foot more, 4 points; 43 feet, 100 points.

Fence vault: 5 feet 0 inches, 0 points; each inch more, 5 points; 6 feet 8 inches, 100 points.

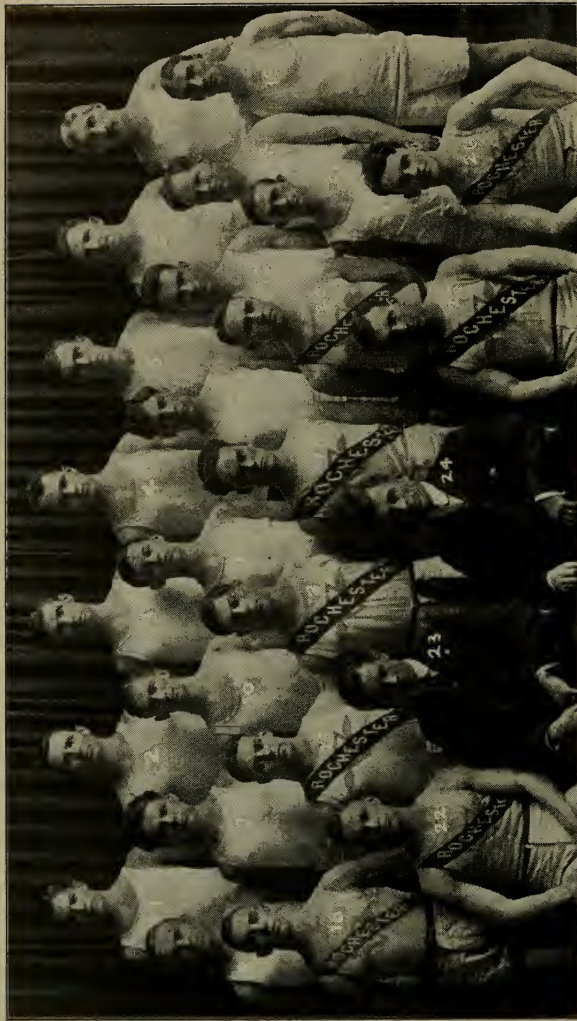
The following is the scoring table worked out in detail:



(1) NATIONAL HEXATHLON CHAMPIONS, CLASS A, 1915, SAN FRANCISCO (CALIF.)—1, Lohse; 2, Coats; 3, Sullivan; 4, West; 5, Austin; 6, Bardsley; 7, Bichl; 8, Franklin; 9, Barth, Instructor; 10, Kendrick; 11, Reichenbach; 12, Vestal; 13, Morgan; 14, Costel; 15, Dole; 16, Bohnert; 17, Smith; 18, Clark; 19, Winsor, Boys' Phys. Dir.; 20, Pinther; 21, Dodge; 22, Stickler, Phys. Dir.; 23, Dr. Leggett; 24, McCallum, Chairman; 25, Dooling; 26, Lindfors; 27, Calteux; 28, Quinn; 29, Booker; 30, Craig. (2) OFFICIAL INTERNATIONAL TROPHY, HEXATHLON ATHLETIC CONTEST.

SCORING TABLE

Points	60-yard Potato	220-yard Potato	High Jump	Fence Vault	Standing Broad Jump	Shot- Put
0	18.0	1.20.	3.6	5.0	6.0	18.0
1		1.19.4	.6 1-4		.0 1-2	.3
2		1.19.3	.6 1-2		.1	.6
3		1.19.2	.6 3-4		.1 1-2	.9
4		1.19.1	3.7		.2	19.0
5	17.4	1.19.	.7 1-4	5.1	.2 1-2	.3
6		1.18.4	.7 1-2		.3	.6
7		1.18.3	.7 3-4		.3 1-4	.9
8		1.18.2	3.8		.4	20.0
9		1.18.1	.8 1-4		.4 1-2	.3
10	17.3	1.18.	.8 1-2	5.2	.5	.6
11		1.17.4	.8 3-4		.5 1-2	.9
12		1.17.3	3.9		.6	21.0
13		1.17.2	.9 1-4		.6 1-2	.3
14		1.17.1	.9 1-2		.7	.6
15	17.2	1.17.	.9 3-4	5.3	.7 1-2	.9
16		1.16.4	3.10		.8	22.0
17		1.16.3	.10 1-4		.8 1-2	.3
18		1.16.2	.10 1-2		.9	.6
19		1.16.1	.10 3-4		.9 1-2	.9
20	17.1	1.16.	3.11	5.4	.10	23.0
21		1.15.4	.11 1-4		.10 1-2	.3
22		1.15.3	.11 1-2		.11	.6
23		1.15.2	.11 3-4		.11 1-2	.9
24		1.15.1	4.0		7.0	24.0
25	17.0	1.15.	4.0 1-4	5.5	7.0 1-2	.3
26		1.14.4	.0 1-2		.1	.6
27		1.14.3	.0 3-4		.1 1-2	.9
28		1.14.2	4.1		.2	25.0
29		1.14.1	.1 1-4		.2 1-2	.3
30	16.4	1.14.	.1 1-2	5.6	.3	.6
31		1.13.4	.1 3-4		.3 1-2	.9
32		1.13.3	4.2		.4	26.0
33		1.13.2	.2 1-4		.4 1-2	.3
34		1.13.1	.2 1-2		.5	.6
35	16.3	1.13.	.2 3-4	5.7	.5 1-2	.9
36		1.12.4	4.3		.6	27.0
37		1.12.3	.3 1-4		.6 1-2	.3
38		1.12.2	.3 1-2		.7	.6
39		1.12.1	.3 3-4		.7 1-2	.9
40	16.2	1.12.	4.4	5.8	.8	28.0
41		1.11.4	.4 1-4		.8 1-2	.3
42		1.11.3	.4 1-2		.9	.6
43		1.11.2	.4 3-4		.9 1-2	.9
44		1.11.1	4.5		.10	29.0
45	16.1	1.11.	.5 1-4	5.9	.10 1-2	.3
46		1.10.4	.5 1-2		.11	.6
47		1.10.3	.5 3-4		.11 1-2	.9
48		1.10.2	4.6		8.0	30.0
49		1.10.1	.6 1-4		.0 1-2	.3



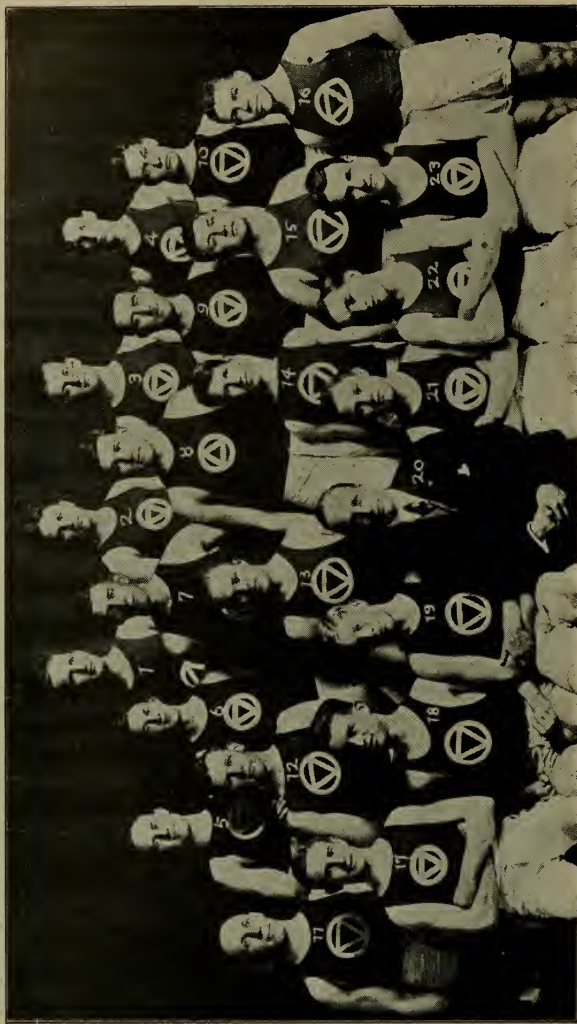
1, Jimenes; 2, Schmidt; 3, Hall; 4, Robbins; 5, Riley; 6, Miller; 7, Tompkins; 8, Dengler; 9, Dean; 10, Jores; 11, Spall; 12, Jobe; 13, Bartel; 14, McMaster; 15, Stewart; 16, Ned; 17, Wray; 18, Duffus; 19, Taylor; 20, Maier; 21, Brule; 22, Durkee; 23, C. A. Morgan, Mgr.; 24, Fred B. Messing, Dir. of Phys. Ed.; 25, C. A. Binder, Capt.; 26, Sheehan.

ROCHESTER (N. Y.) Y. M. C. A. HEXATHLON TEAM.

Winners of International Hexathlon for Grade B Associations.

SCORING TABLE

Points	60-yard Potato	220-yard Potato	High Jump	Fence Vault	Standing Broad Jump	Shot- Put
50	16.0	1.10.	4.6 1-2	5.10	8.1	30.6
51		1.09.4	.6 3-4		.1 1-2	.9
52		1.09.3	4.7		.2	31.0
53		1.09.2	.7 1-4		.2 1-2	.3
54		1.09.1	.7 1-2		.3	.6
55	15.4	1.09.	.7 3-4	5.11	.3 1-2	.9
56		1.08.4	4.8		.4	32.0
57		1.08.3	.8 1-4		.4 1-2	.3
58		1.08.2	.8 1-2		.5	.6
59		1.08.1	.8 3-4		.5 1-2	.9
60	15.3	1.08.	4.9	6.0	.6	33.0
61		1.07.4	.9 1-4		.6 1-2	.3
62		1.07.3	.9 1-2		.7	.6
63		1.07.2	.9 3-4		.7 1-2	.9
64		1.07.1	4.10		.8	34.0
65	15.2	1.07.	.10 1-4	6.1	.8 1-2	.3
66		1.06.4	.10 1-2		.9	.6
67		1.06.3	.10 3-4		.9 1-2	.9
68		1.06.2	4.11.		.10	35.0
69		1.06.1	.11 1-4		.10 1-2	.3
70	15.1	1.06.	.11 1-2	6.2	.11	.6
71		1.05.4	.11 3-4		.11 1-2	.9
72		1.05.3	5.0		9.0	36.0
73		1.05.2	.0 1-4		.0 1-2	.3
74		1.05.1	.0 1-2		.1	.6
75	15.0	1.05.	.0 3-4	6.3	9.1 1-2	.9
76		1.04.4	5.1		.2	37.0
77		1.04.3	.1 1-4		.2 1-2	.3
78		1.04.2	.1 1-2		.3	.6
79		1.04.1	.1 3-4		.3 1-2	.9
80	14.4	1.04.	5.2	6.4	.4	38.0
81		1.03.4	.2 1-4		.4 1-2	.3
82		1.03.3	.2 1-2		.5	.6
83		1.03.2	.2 3-4		.5 1-2	.9
84		1.03.1	5.3		.6	39.0
85	14.3	1.03.	.3 1-4	6.5	.6 1-2	.3
86		1.02.4	.3 1-2		.7	.6
87		1.02.3	.3 3-4		.7 1-2	.9
88		1.02.2	5.4		.8	40.0
89		1.02.1	.4 1-4		.8 1-2	.3
90	14.2	1.02.	.4 1-2	6.6	.9	.6
91		1.01.4	.4 3-4		.9 1-2	.9
92		1.01.3	5.5		.10	41.0
93		1.01.2	.5 1-4		.10 1-2	.3
94		1.01.1	.5 1-2		.11	.6
95	14.1	1.01.	.5 3-4	6.7	.11 1-2	.9
96		1.00.4	5.6		10.0	42.0
97		1.00.3	.6 1-4		.0 1-2	.3
98		1.00.2	.6 1-2		.1	.6
99		1.00.1	.6 3-4		.1 1-2	.9
100	14.0	1.00.	5.7	6.8	10.2	43.0



1, Marshall; 2, Pickens; 3, Harris; 4, Richards; 5, W. Shutz; 6, Nichols; 7, Guyler; 8, Schumaker; 9, Shea; 10, Schneider; 11, A. Schutz; 12, Helms; 13, Worthington; 14, Bryan; 15, Bryant; 16, Cochran; 17, McConnell; 18, Race; 19, Gaylord; 20, Holm; 21, Livingston; 22, Scotten; 23, Kupp.

EL PASO (TEX.) HEXATHLON TEAM, 1915.

Winners of International Hexathlon for Grade C Associations.

FINAL SCORE.

CLASS A.

San Francisco, Cal.....	5071	Chicago, Central	3949
Toronto, Central	4749	Buffalo, Central	3605½
Toronto, West End.....	4566½	Dayton, Ohio	3573
Brooklyn, Bedford	4545½	Omaha, Neb.	3556
Louisville, Ky.	4468	Kansas City, Mo.....	3478
Newark, N. J.	4133½	Indianapolis, Ind.	3261½
Brooklyn, Central	3959½	Washington, D. C.....	3075

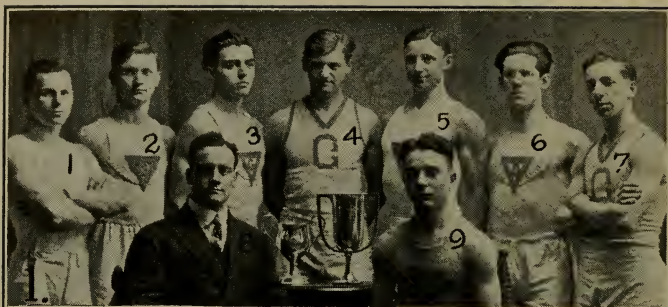
CLASS B.

Rochester, N. Y.....	3773	Fargo, N. D.....	2794
Brooklyn, Navy	3754	Lowell, Mass.	2754½
New York, East Side.....	3632	Chicago, West Side.....	2746
Des Moines, Ia.....	3563½	St. Paul, Minn.	2705
Springfield, Mass.	3540½	Savannah, Ga.	2643
Phila., West Branch.....	3482	Canton, Ohio	2611½
Atlanta, Ga.	3395	Poughkeepsie, N. Y.....	2608
Macon, Ga.	3386½	Binghamton, N. Y.....	2545
Sacramento, Cal.	3386	Topeka, Kan.	2540
Newport, R. I., A. & N.....	3246½	Minneapolis, Minn.	2430
Duluth, Minn.	3231	Pittston, Pa.	2351
Ottumwa, Ia.	3182	Charleston, S. C.....	2307
Peoria, Ill.	3163	Schenectady, N. Y.....	2179
Syracuse, N. Y.	3158	Columbus, Ohio	2158
Morristown, N. J.....	3138½	Pittsburgh, Central	2129
Dallas, Tex.	3013	Asheville, N. C.....	2125½
Galt, Ont.	2963	Brooklyn, E. D.....	2124
Charlotte, N. C.....	2878	Tacoma, Wash.	1885
Chicago, Sears-Roebuck	2873	Grand Island, Neb.....	1757
Hartford, Conn.	2860	Newburgh, N. Y.....	1547
St. Joseph, Mo.....	2838	Columbia, S. C.....	1519
Salina, Kan.	2819		

CLASS C.

El Paso, Tex.....	2817½	Groversville, N. Y.....	1990
Flint, Mich.	2613	Amsterdam, N. Y.....	1954½
Geneva, N. Y.	2556	Spartanburg, S. C.....	1950
Attleboro, Mass.	2485	Asbury Park, N. J.....	1938
Council Bluffs, Ia.....	2443	Buffalo, West Side.....	1913
Brooklyn, 26th Ward.....	2427	Woonsocket, R. I.....	1878
Batavia, N. Y.	2303	Waterbury, Conn.	1860
Fort Worth	2275	New Westminster, B. C.....	1842
Summit, N. J.	2244	Plainfield, N. Y.....	1837
Sewickley, Pa.	2239	New London, Conn.....	1823½
North Yakima, Wash.....	2231	Richmond, Ind.	1781
Athens, Ga.	2195½	Elyria, Ohio	1772
Ithaca, N. Y.	2184	Belleville, Ont.	1714
Montreal, Westmount	2175	New Orleans, La.	1604
Brooklyn, Greenpoint	2172	Grand Forks, N. D.....	1569
Findlay, Ohio	2120	San Juan	1395
Bucyrus, Ohio	2116	Montclair, N. J.....	1372
Olean, N. Y.	2111	Fostoria, Ohio	1353
Meriden, Conn.	2096	Muncie, Ind.	(Incomplete)
Salem, Mass.	2083	East Liverpool, Ohio.....	(Incomplete)
Buffalo, Genesee	2047		

The San Francisco, Cal., Association was the winner in class A; the Rochester, N. Y., Association was winner in class B, and the El Paso, Texas, Association in class C. The trophies therefore were officially awarded to these three Associations.



(1) BUFFALO (N. Y.) GENESEE BRANCH Y.M.C.A. HEXATHLON TEAM—1, Whalley; 2, Seelbach; 3, Haas; 4, Sauer; 5, Murphy; 6, Weitz; 7, Plummer; 8, Andrews, Phy. Dir.; 9, Clare, Capt. (2) GENEVA (N. Y.) HEXATHLON TEAM—1, Broughtfeld; 2, Barker; 3, McHale; 4, McGillvery; 5, Kinney; 6, McDonald; 7, Hofmann; 8, Gracey; 9, Thornton; 10, Jenkins; 11, Stillman; 12, Young; 13, Clow; 14, Sullivan; 15, Stepp, Phy. Dir.; 16, Van Nostrand; 17, Desio. (3) SYRACUSE (N. Y.) Y.M.C.A. HEXATHLON TEAM—1, Peddie; 2, Friedman; 3, Sweitzer; 4, Gere; 5, Wisom; 6, Lowell; 7, Doane; 8, Gregory; 9, Scobey.

The highest average scores were as follows. (This is determined by dividing class A Associations by ten; class B Associations by eight; and class C Associations by six.)

HIGHEST AVERAGE SCORES.

San Francisco, Cal.....	507	Salina, Kan.	352
Toronto, Central	475	Olean, N. Y.....	351.5
Rochester, N. Y.....	472	Fargo, N. D.....	349
El Paso, Tex.....	469.5	Meriden, Conn.....	349
Brooklyn, Navy	469	Kansas City, Mo.....	348
Toronto, West End.....	457.6	Salem, Mass.....	347
Brooklyn, Bedford	456	Lowell, Mass.....	344
New York, East Side.....	454	Chicago, West Side.....	343
Louisville, Ky.....	447	Buffalo, Genesee	341
Des Moines, Ia.....	445	St. Paul, Minn.....	338
Springfield, Mass.....	442.5	Gloversville, N. Y.....	331
Flint, Mich.....	435.5	Savannah, Ga.....	330
Phila., West Branch.....	435	Indianapolis, Ind.....	326
Geneva, N. Y.....	426	Canton, Ohio	326
Atlanta, Ga.....	424	Poughkeepsie, N. Y.....	326
Macon, Ga.....	423	Amsterdam, N. Y.....	325.5
Sacramento, Cal.....	423	Spartanburg, N. C.....	325
Attleboro, Mass.....	414	Asbury Park, N. J.....	323
Newark, N. J.....	413	Buffalo, West Side.....	319
Council Bluffs, Ia.....	407	Binghamton, N. Y.....	318
Newport, R. I., A. & N.....	406	Topeka, Kan.....	317.5
Brooklyn, 26th Ward.....	404	Woonsocket, R. I.....	313
Duluth, Minn.....	404	Waterbury, Conn.....	310
Ottumwa, Ia.....	398	Washington, D. C.....	307.5
Brooklyn, Central	396	New Westminster, B. C.....	307
Chicago, Central	395	Plainfield, N. J.....	306
Peoria, Ill.....	395	New London, Conn.....	304
Syracuse, N. Y.....	395	Minneapolis, Minn.....	304
Morristown, N. J.....	392	Richmond, Ind.....	297
Batavia, N. Y.....	383.5	Elyria, Ohio	295
Dallas, Tex.....	376.5	Pittston, Pa.....	294
Summit, N. J.....	374	Charleston, S. C.....	288
Sewickley, Pa.....	373	Belleville, Ont.....	286
North Yakima, Wash.....	371.5	Schenectady, N. Y.....	272
Galt, Ont.....	370	Columbus, Ohio	270
Athens, Ga.....	365.5	New Orleans, La.....	267
Ithaca, N. Y.....	364	Pittsburgh, Central	266
Montreal, Westmount	362.5	Asheville, N. C.....	266.1
Brooklyn, Greenpoint	362	Brooklyn, East End.....	265
Fort Worth, Tex.....	362	Grand Forks, N. D.....	261.5
Buffalo, N. Y. Central.....	360.5	Tacoma, Wash.....	235.5
Charlotte, N. C.....	360	San Juan	233
Chicago, Sears-Roebuck	359	Montclair, N. J.....	228
Hartford, Conn.....	357.5	Fostoria, Ohio	225.5
Dayton, Ohio	357	Grand Island, Neb.....	219.5
Omaha, Neb.....	356	Newburgh, N. Y.....	193
St. Joseph, Mo.....	355	Columbia, S. C.....	190
Findlay, Ohio	353	Muncie, Ind.....	(Incomplete)
Bucyrus, Ohio	353	East Liverpool, Ohio.....	(Incomplete)

HEXATHLON RECORDS.

The best three records in each event were as follows:

60-yard Potato Race.

1. A. J. Connor, Army and Navy Association, Newport, R. I., 13½ seconds.
2. F. Nickolas, Chicago, West Side Association, Chicago, Ill., 13½ seconds.
3. Chas. Binder, Rochester, N. Y., 14 seconds.

220-yard Potato Race.

1. W. S. Jackson, Chicago, Central, Chicago, Ill., 58 seconds.
2. Chas. Kelly, Toronto, Central, Toronto, Ont., 59½ seconds.
- J. Alexander, Belleville, Ont., 59½ seconds.



(1) EAST SIDE BRANCH, N. Y. CITY—1, Walsh; 2, De Brul; 3, Grey; 4, Lindner; 5, Drummond; 6, Dreesen; 7, Wagner; 8, Leahy; 9, Furlinger; 10, Hallstein; 11, Melville; 12, Francis, Phys. Dir. (2) GLOVERSVILLE, N. Y. (3) CHARLOTTE, N. C.—Carolina Champions—1, Godwin; 2, McClintock; 3, Faul; 4, Taylor; 5, Dillard; 6, Bobbitt; 7, Templeton

Y. M. C. A. HEXATHLON TEAMS.

Running High Jump.

1. A. M. Bohmert, San Francisco, Cal., 5 feet, 10 $\frac{5}{8}$ inches.
2. P. Guyler, El Paso, Tex., 5 feet, 9 $\frac{1}{4}$ inches.
3. Wm. Sullivan, San Francisco, Cal., 5 feet, 9 inches.

Fence Vault.

1. Geo. Woodman, Fort Worth, Texas, 7 feet, 6 inches.
 2. J. McKivor, North Yakima, Wash., 6 feet, 10 inches.
 3. S. L. Eckerd, Brooklyn Navy, 6 feet, 9 inches.
- G. H. Stansburg, Louisville, Ky., 6 feet, 9 inches.

Standing Broad Jump.

1. T. Hoskins, Chicago, Central, Chicago, Ill., 10 feet, 7 inches.
2. A. M. Bohmert, San Francisco, 10 feet, 4 $\frac{3}{4}$ inches.
3. J. E. Fitzgerald, Toronto, Central, 10 feet, 3 $\frac{1}{2}$ inches.

12 pound Shot-Put.

1. J. L. Macomber, Des Moines, Ia., 47 feet, 1 inch.
2. R. E. Rollins, Des Moines, Ia., 46 feet, 6 inches.
3. P. Guyler, El Paso, Tex., 46 feet, 4 $\frac{1}{2}$ inches.

SCORES BY STATES.

CALIFORNIA.

San Francisco	507	Sacramento	423
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CAROLINAS.

Charlotte	360	Asheville	266
Spartanburg	325	Columbia	190
Charleston	288		

CONNECTICUT.

Hartford	357.5	Waterbury	310
Meriden	349	New London	304

GEORGIA.

Atlanta	424	Athens	365.5
Macon	423	Savannah	330

ILLINOIS.

Chicago, Central	395	Chicago, Sears Roebuck.....	359
Peoria	395	Chicago, West Side.....	343

INDIANA.

Indianapolis	326	Richmond	297
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IOWA.

Des Moines	445	Ottumwa	398
Council Bluffs	407		

KANSAS.

Salina	352	Topeka	317.5
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KENTUCKY.

Louisville			447
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MASSACHUSETTS AND RHODE ISLAND.

Springfield	442.5	Salem	347
Attleboro	414	Lowell	344
Newport, A. & N.....	406	Woonsocket	313

MICHIGAN.

Flint			435.5
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MINNESOTA.

Duluth	404	Minneapolis	304
St. Paul	338		



(1) FLINT (MICH.) HEXATHLON TEAM—1, Campbell; 2, C. E. Wait; 3, Earl, Phy. Dir.; 4, Johnson; 5, Cook; 6, Green; 7, Rumbold; 8, R. H. Wait; 9, Creque; 10, Sherff; 11, Brace; 12, Cole; 13, Delonjay; 14, Osborne; 15, Bridgman. (2) CANTON (OHIO) HEXATHLON TEAM, 1915—1, Moore; 2, T. Snyder; 3, Wm. Snyder; 4, Keefe; 5, Roche; 6, Chamberlin, Phy. Dir.; 7, Holwich; 8, Beachy; 9, Van Dostan; 10, Brechman; 11, Boulky. (3) RICHMOND (IND.) Y.M.C.A.—1, Brown; 2, Parker; 3, Dollins; 4, Jessup; 5, Brinston; 6, Jordan; 7, Leiter; 8, Chapple.

MISSOURI.

St. Joseph	355	Kansas City	348
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NEBRASKA.

Omaha	356	Grand Island	219.5
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NEW JERSEY.

Newark	413	Asbury Park	323
Morristown	392	Plainfield	306
Summit	355	Montclair	288

NEW YORK.

Rochester	472	Olean	351.5
Brooklyn, Navy	469	Buffalo, General	341
Brooklyn, Bedford	456	Gloversville	331
New York, East Side	454	Poughkeepsie	326
Johnstown, N. Y.	427	Amsterdam	325.5
Geneva	426	Buffalo, West Side	319
Brooklyn, 26th Ward	404	Binghamton	318
Brooklyn, Central	396	Batavia	283.5
Syracuse	395	Schenectady	272
Ithaca	364	Newburgh	272
Brooklyn, G'pt.	362	Brooklyn, E. D.	265
Buffalo, Central	360.5		

NORTH DAKOTA.

Fargo	349	Grand Forks	261.5
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OHIO.

Dayton	357	Elyria	295
Findlay	353	Columbus	270
Bucyrus	353	Fostoria	225.5
Canton	326		

PENNSYLVANIA.

Phila., West Branch	435	Pittston	294
Sewickley	373	Pittsburgh, Central	266

TEXAS.

El Paso	469.5	Fort Worth	362
Dallas	376.5		

THE NORTHWEST.

North Yakima, Wash.	371.5	Tacoma, Wash.	235.5
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CANADA.

Toronto, Central	475	Montreal, Westmount	362.5
Toronto, West End	457	New Westminster, B. C.	307
Galt, Ont.	370	Bellevue, Ont.	286

Standing of Individuals who entered in all six events in their local contests and who made 400 points or more:

T. Haskins, Chicago, Central.	549.5	J. Kroeck, Brooklyn, 26th Ward.	449
A. M. Bohnert, San Francisco, Cal.	543	P. L. Wooten, Atlanta, Ga.	447
H. Stansbury, Louisville, Ky.	529	Robert Brindle, Jr., Woonsocket, R. I.	445.5
G. F. Sylvia, Brooklyn, Navy.	501	F. W. Zimmer, Buffalo Cent.	445
A. J. Connor, Newport, R. I., A. & N.	497½	C. J. Bowyer, Fargo, N. D.	442
C. H. Brace, Flint, Mich.	494	H. Adams, Toronto, West End.	436
Z. Belcher, Morristown, N. J.	472.5	M. J. McDonagh, W. Branch, Phila.	435
J. E. Fitzgerald, Toronto, Cent.	468½	T. Thompson, Findlay, Ohio.	432
Chas. Binder, Rochester, N. Y.	462	W. E. Howser, Macon, Ga.	427½
Geo. Wagner, N. Y., East Side.	462	Geo. Woodman, Ft. Worth, Tex.	427
Geo. Coe, Springfield, Mass.	461½	G. G. Sweitzer, Syracuse, N. Y.	426
John Walters, Dayton, Ohio.	461	H. Slatin, Newark, N. J.	425
Fred Winters, Schenectady, N. Y.	450	C. Gorham, Brooklyn, Central.	414
H. Shaw, Peoria, Ill.	449	Lee Nichols, El Paso, Tex.	400
C. F. Gannon, Sacramento, Cal.	449		

It has been requested that a similar contest for boys be devised and which will undoubtedly be done.



(1) CHICAGO (ILL.) WEST SIDE DEPARTMENT Y.M.C.A. HEXATHLON TEAM—1, Dr. Allen; 2, Kaffend; 3, Hoppe; 4, Harvey; 5, Rile; 6, Blase; 7, Cardwell; 8, Henry; 9, Bratton; 10, Kennedy; 11, Foutz. (2) ST. PAUL (MINN.) HEXATHLON TEAM. (3) DULUTH (MINN.) Y.M.C.A. HEXATHLON TEAM.

THE HEXATHLON ATHLETIC CONTEST AMONG FOREIGN ASSOCIATIONS.

Four Associations in foreign countries took part in the Hexathlon Contest. This is the first time in the history of Association work that Associations in other lands took part in an American contest. A special trophy was offered to the foreign Associations alone. From letters received many more will take part next year. Too little time was given for them to get ready. At least a score will be enlisted another season. The following Associations took part: San Juan, Porto Rico; Buenos Aires, Argentina; Tientsin, China, and Hongkong, China. All but Buenos Aires were in class C.

The results were as follows:

Buenos Aires	2045	½ points
Hongkong	1811	"
San Juan	1393	"
Tientsin	1193	"

The average number of points was as follows:

Hongkong	302
Buenos Aires	256
San Juan	232 ½
Tientsin	199

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Hongkong, therefore, won the trophy for foreign Associations. The result indicates the progress China is making in athletics. Nothing in the history of athletics has been so remarkable. If we compare these results with the 102 North American Associations which took part in the Hexathlon, we find the foreign Associations ranking as follows: Buenos Aires ranks fortieth in class B, out of forty-four Associations entered; Hongkong thirtieth in class C, out of forty-five entered; with San Juan thirty-sixth, and Tientsin thirty-ninth. For the highest average scores Hongkong stands seventy-eighth.

It will be interesting to note in another year the progress made by these Associations. The best individual event made by a foreign athlete was made in the Fence Vault by Shih Cheng Ching of Tientsin, who made six feet four inches.



(1) TORONTO (CAN.) CENTRAL Y.M.C.A. HEXATHLON TEAM—1, Smith, Phy. Dir.; 2, Galbraith; 3, Barber, President; 4, Lister, Manager; 5, Kerrison, Trainer; 6, Cameron; 7, Gairdner; 8, Ward; 9, Fitzgerald; 10, Jackson; 11, Thorley; 12, Tresidder; 13, Rudolf; 14, Adlard; 15, Marshall; 16, Keachie; 17, Cook; 18, Kelly. (2) TORONTO (CAN.) WEST END Y.M.C.A. HEXATHLON TEAM. (3) GALT (ONTARIO) Y.M.C.A. HEXATHLON TEAM—1, Vruvin; 2, Mowat; 3, Kinsman; 4, Braidwood, Asst. Phy. Dir.; 5, Smith; 6, I. Hammond; 7, Welland; 8, Carley, Phy. Dir.; 9, Kerr; 10, Fulford; 11, Charlton, Phy. Dir.; 12, Cook, Gen. Sec.; 13, Ira Hammond; 14, Wilhelm; 15, Blain; 16, Rhodes; 17, Robins; 18, Serviss; 19, Deacon; 20, Grant.

The Athletic League Roll of Honor

Heretofore the League has only announced record holders in the hand-book. In order to encourage athletes of good ability and yet who may not be record holders the League has established a roll of honor.

All Association athletes who make records equal to or above the records stated in the following events will be placed upon the roll of honor and their names will remain permanently on the list.

STANDARD RECORD OF THE ATHLETIC LEAGUE ROLL OF HONOR.

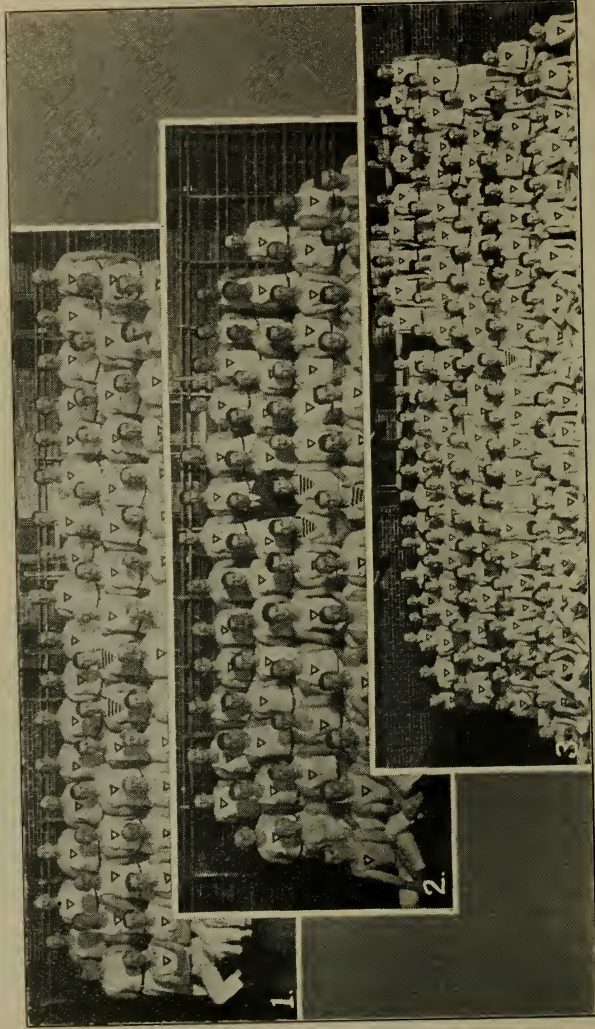
Indoor Events.

25 yards straightaway		3 $\frac{3}{4}$	sec.
25 yards on circular track		3 $\frac{3}{4}$	sec.
50 yards on circular track		6	sec.
100 yards on circular track		11 $\frac{1}{2}$	sec.
220 yards on circular track		27	sec.
440 yards on circular track		56	sec.
880 yards on circular track	2 min.	15	sec.
1 mile on circular track	5 min.		
3 potato race		14	sec.
11 potato race	1 min.		
Fence vault	6 ft.	4	in.
Standing broad jump	10 ft.		
Running high jump	5 ft.	7	in.
12 pound shot-put	43 ft.		
17 potato race	1 min.	40	sec.
2 standing broad jumps	20 ft.	6	in.
3 standing broad jumps	31 ft.		
Standing high jump	4 ft.	10	in.
Standing hop, step and jump	29 ft.		
18 foot rope climb		5 $\frac{1}{2}$	sec.

Outdoor Events.

100 yards		10 $\frac{3}{4}$	sec.
220 yards		23 $\frac{3}{4}$	sec.
440 yards		53	sec.
880 yards	2 min.		
1 mile	4 min.	50	sec.
2 miles	10 min.	15	sec.
5 miles	29 min.		
120-yard hurdles		17	sec.
Running high jump	5 ft.	7	in.
Running broad jump	20 ft.		
Running hop, step and jump	41 ft.		
Pole vault	10 ft.		
Throwing the discus	125 ft.		
Throwing 12-lb. hammer	135 ft.		
Throwing 16-lb. shot	125 ft.		
Putting 12-lb. shot	43 ft.		
Putting 16-lb. shot	38 ft.		

In accordance with these standards all athletes who equal or pass the records indicated in the above after July 1st, 1915, will be placed on the honor roll.



1, Business Men's Class; 2, Younger Business Men's Class; 3, Business Boys' Class.
 PROVIDENCE (R. I.) HEXATHLON TEAMS.

National A. L. N. A. Championships

ATHLETIC LEAGUE (Y.M.C.A.) PAN-AMERICAN GAMES.

Handicap Events—July 23, 1901.

- 100 yards dash—10s., handicap 4yds. E. G. Snow, Chicago, Ill. (West Side Dept.).
 880 yards run—1m. 56s., handicap 32yds. H. Lambie, Wilmerding, Pa.
 120 yards hurdle—16 4-5s., handicap 4yds. A. M. Webster, Lorain, Ohio.
 440 yards run—51 3-5s., handicap 12yds. H. A. Allison, Buffalo, N. Y. (Central Dept.).
 One mile run—4m. 33s., handicap 65yds. Gus Hahn, Albany, N. Y. (Central Branch).
 220 yards run—23s., handicap 8yds. Wm. Marshall, Hartford, Conn.
 Running broad jump—21ft. 6 1/2 in., handicap 21in. M. E. Coughlin, Hartford, Conn.
 Pole vault—17ft. 10in., handicap 20in. R. F. Seymour, Syracuse, N. Y.
 Running high jump—6ft. 1in., handicap 7in. Floyd Kinney, Rochester, N. Y.
 12-lb. shot put—45ft. 3 1/2 in., handicap 10ft. R. O. Best, Buffalo, N. Y. (Central Dept.).
 12-lb. hammer throw—164ft. 6in., handicap 12ft. Germaine Welles, Rochester, N. Y.

Scratch Events—July 24, 1901.

- 100 yards dash—10 2-5s. F. A. Shapley, Buffalo, N. Y. (Central Dept.).
 880 yards run—2m. 5s. R. B. Barrett, Chicago, Ill. (Central Dept.).
 120 yards hurdle—15 3-5s. F. G. Maloney, Chicago, Ill. (Central Dept.).
 440 yards run—52 3-5s. A. T. Robinson, Chicago, Ill. (Central Dept.).
 One mile run—4m. 44s. J. Coleman, Jr., Buffalo, N. Y. (Central Dept.).
 220 yards run—23 2-5s. F. A. Shapley, Buffalo, N. Y. (Central Dept.).
 Running broad jump—21ft. 5 1/2 in. F. G. Maloney, Chicago, Ill. (Central Dept.).
 Pole vault—11ft. 1in. R. W. Albertson, Chicago, Ill. (Central Dept.).
 Running high jump—5ft. 9in. C. E. Clapper, Chicago, Ill. (Central Dept.).
 12-lb. shot put—40ft. 3 1/2 in. L. E. J. Feuerbach, New York West Side Branch.
 16-lb. hammer throw—123ft. 5in. Germaine Welles, Rochester, N. Y.
 One-mile relay race—Chicago, Ill. (Central Dept.).

Y.M.C.A. WEEK, ST. LOUIS EXPOSITION, 1904.

August 15-20.

Y.M.C.A. BASKET BALL CHAMPIONSHIPS.

August 15-17, 1904.

- Aug. 15—Cincinnati Y.M.C.A. 43, Joplin Y.M.C.A. 28; Chicago Central Y.M.C.A. 31, Hamilton Y.M.C.A. 22; Sioux City Y.M.C.A. 43, Hamilton Y.M.C.A. 31; Denver Y.M.C.A. 39, Joplin Y.M.C.A. 34; Chicago Central Y.M.C.A. 79, Cincinnati Y.M.C.A. 33; Sioux City Y.M.C.A. 53, Denver Y.M.C.A. 30.
 Aug. 16—Sioux City Y.M.C.A. 55, Joplin Y.M.C.A. 8; Chicago Central Y.M.C.A. 53, Denver Y.M.C.A. 19; Hamilton Y.M.C.A. 44, Cincinnati Y.M.C.A. 19; Cincinnati Y.M.C.A. 33, Sioux City Y.M.C.A. 38; Hamilton Y.M.C.A. 44, Denver Y.M.C.A. 16; Joplin Y.M.C.A. forfeited to Hamilton Y.M.C.A.; Cincinnati Y.M.C.A. forfeited to Denver Y.M.C.A.
 Aug. 17—Sioux City Y.M.C.A. 29, Chicago Central Y.M.C.A. 35.

PENTATHLON CHAMPIONSHIPS.

Held August 17.

- Events—100 yds dash, 12-lb. hammer (without turn), running high jump, pole vault, 1-mile run. Each man is credited with a certain number of points for his performance in each event.
 Points won—Chicago Central Y.M.C.A., 1,286.40; Kenosha Y.M.C.A., 824.2; St. Louis Central Y.M.C.A., 273.31.



1, Senior Class; 2, High School; 3, Grammar School.
PROVIDENCE (R. I.) HEXATHLON TEAMS.

Y.M.C.A. INDIVIDUAL GYMNASTIC CHAMPIONSHIPS.

Held August 17.

Events—Side horse, long horse, with springboard (leaping), horizontal bars, parallel bars.

Side horse—Fred Prosch, 27.16; George Ketcham, 25; E. F. Kettner, 23; R. E. Maysack, 22.50; N. C. Tuska, 21.83; E. E. Utz, 20.66; D. K. McDonald, 18.50; H. A. Barth, 18.16; E. McClain, 17.66.

Long horse—H. A. Barth, 22.83; Fred Prosch, 22; E. E. Utz, 21.33; R. E. Maysack, 20.66; George Ketcham, 18.66; N. C. Tuska, 14.66.

Parallel Bars—E. F. Kettner, 28.83; George Ketcham, 28.66; Frank Prosch, 27.16; E. E. Utz, 26.83; C. L. Cameron, 25.16; James Hall, 23.83; E. McClain, 23; N. C. Tuska, 21.83; R. E. Maysack, 23.83; H. A. Barth, 21.33; D. K. McDonald, 21; J. T. Rapp, 18.16; C. L. Johnson, 16.

Horizontal Bar—E. F. Kettner, 25.83; E. McClain, 25.75; E. E. Utz, 22.41; C. L. Cameron, 25.16; S. T. Davis, 21.66; James Hall, 20.66; George Ketcham, 19.83; C. L. Johnson, 16.33.

SUMMARY.

Geo. Ketcham, Newark, N. J.....	25.	18.66	28.66	19.83	92.15
E. E. Utz, Chicago Central.....	20.66	21.33	26.83	22.41	91.23
E. F. Kettner, Newark, N. J.....	23.		28.83	25.83	77.66
Fred Prosch, Newark, N. J.....	27.16	22.	27.16		76.32
R. E. Maysack, Chicago Central.....	22.50	20.66	23.83		66.99
E. McClain, Seattle.....	17.66		23.	25.75	66.41
H. A. Barth, Seattle.....	18.16	22.83	21.33		62.32
W. C. Tuska, St. Louis Central.....	21.83	14.66	21.83		58.32
G. L. Cameron, Newark, N. J.....			25.16	25.16	50.32
James Hall, St. Louis Central.....			23.83	20.66	44.49
D. K. McDonald, Seattle.....	18.50		21.		39.50
C. L. Johnson, St. Louis Central.....			16.	16.33	32.33
S. J. Davis, St. Louis Central.....				21.66	21.66
J. T. Rapp, St. Louis Central.....			18.16		18.16

ATHLETIC-GYMNASTIC TEAM CHAMPIONSHIP.

Held August 19.

Events—Marching, calisthenic drill, side horse, horizontal bars, parallel bars, running high jump, basket ball, 1-mile relay. Teams composed of eight men.

Points scored—High jump: Chicago, 497; St. Louis, 296. Marching, calisthenics, apparatus: Chicago, 669; St. Louis, 527. Basket ball: Chicago, 100; St. Louis, —. Relay race: Chicago, —; St. Louis, 100. Totals: Chicago, 1,266; St. Louis, 923.

Y.M.C.A. HANDICAP TRACK AND FIELD MEET.

Held August 20.

120 yds. hurdle—16 2-5s. L. C. Bailey, Central Department, Chicago, won; A. Sandau, Cincinnati, second; W. R. McCullough, Central Branch, St. Louis, third.

100 yds. run—10 2-5s. W. B. Hunter, Louisville, Ky., won; J. B. Leaton, Central Branch, St. Louis, second; E. Russel, Cincinnati, O., third.

880 yds. run—2m. 3 1-5s. W. H. Brown, Cincinnati, won; L. L. Bayley, New Orleans, second; H. L. Lamb, Central Branch, St. Louis, third.

220 yds. hurdle—28 1-5s. A. Sandau, Cincinnati, won; W. R. McCullough, Central Branch, St. Louis, second; L. C. Bailey, Central Department, Chicago, third.

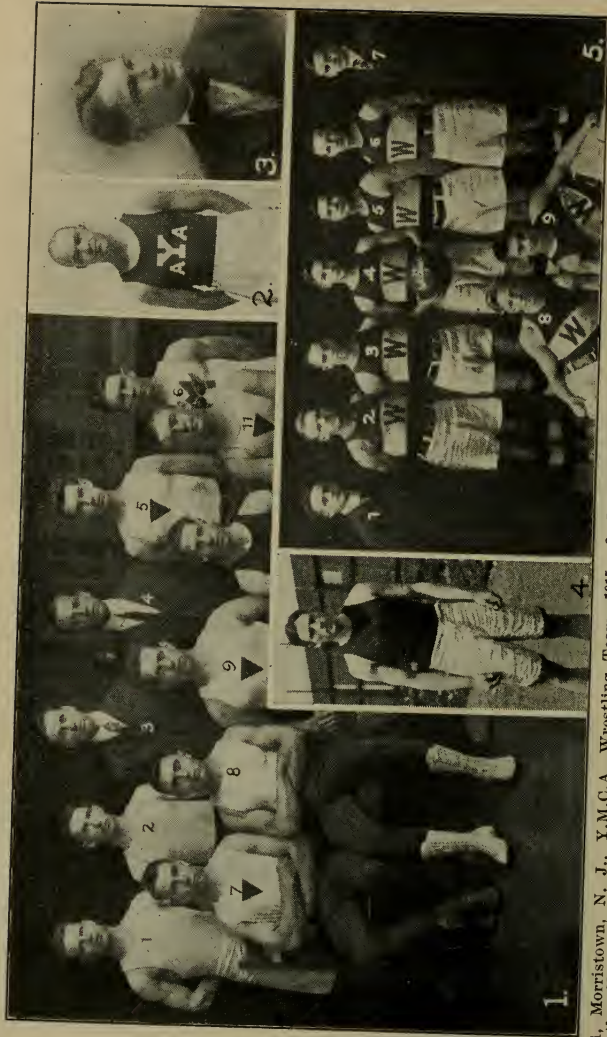
440 yds. run—52 1-5s. E. Russel, Cincinnati, won; J. Hargrave, Cincinnati, second; A. L. Brown, Cincinnati, third.

220 yds. run—22 3-5s. W. B. Hunter, Louisville, won; J. B. Leaton, Central Branch, St. Louis, second; G. H. Queyouge, New Orleans, third.

1-mile run—4m. 48s. J. Barclay, Cincinnati, won; L. L. Dodd, Louisville, second; T. H. Boyer, Central Branch, St. Louis, third.

Pole vault—H. R. Gilbert (8ft. 3in.), Central Branch, St. Louis, won; J. S. Brown (8ft. 1in.), Cincinnati, second; A. Sandau (8ft.), Cincinnati, third.

16-lb. shot—A. A. Johnson (33ft. 9 1-2in.), Central Branch, St. Louis, won; W. G. Wood (33ft. 4in.), Cincinnati, second; J. J. Greene (32ft. 2½in.), Central Department, Chicago, third.



1. Morristown, N. J., Y.M.C.A. Wrestling Team, 1915. 2. Z. Belcher, Jr., Morristown, N. J., finished ahead of all other New Jersey competitors in National Hexathlon, 472.5 points; seventh in National Hexathlon. 3. George Woodman, Ft. Worth, Texas, record holder in fence vault, 7 ft. 6 in. 4. George C. Frefrey, 26th Ward Branch, Brooklyn Y.M.C.A., holder New York State running high jump record, 5 ft. 7 1/4 in. 5. Weequah Basket Ball Team, winners in St. Paul, Minn., Y.M.C.A. Basket Ball League.

- Running high jump—J. C. Talcot (5ft. 4 1-2in.), Central Department, Buffalo, won; E. E. Utz (5ft. 3 1-2in.), Central Department, Chicago, second; W. G. Wood (5ft. 2in.), Cincinnati, third.
- 16-lb. hammer—H. G. Frantz (130ft. 9 1-2in.), Cincinnati, won; A. A. Johnson (127ft. 10 1-2in.), Central Branch, St. Louis, second; W. G. Wood (105ft. 3in.), Cincinnati, third.
- Throwing discus—A. A. Johnson (96ft. 3in.), Central Branch, St. Louis, won; W. B. Hunter (93ft. 1-2in.), Louisville, second; H. G. Frantz (91ft. 8in.), Cincinnati, third.
- Running broad jump—W. B. Hunter (20ft. 3in.), Cincinnati, won; H. E. Wallace (19ft. 7in.), Omaha, second; J. G. B. McLaughlin (19ft. 4 1-2in.), Cincinnati, third.
- 2-mile run—15m. 25s. J. Barclay, Cincinnati, won; L. L. Dodd, Louisville, second; W. L. Martin, Lynchburg, Va., third.

Y.M.C.A. TRACK AND FIELD CHAMPIONSHIP.

Held August 20.

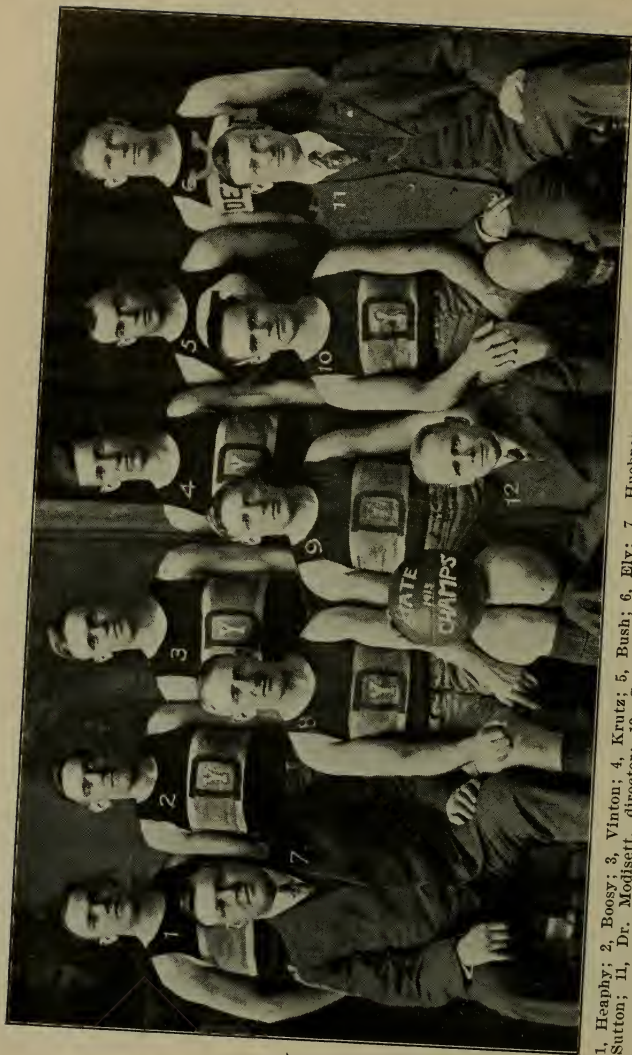
- 120 yds. hurdle—16 3-5s. L. C. Bailey, St. Louis Central, won; J. Hagerman, Los Angeles, Cal., second; W. R. McCullough, St. Louis Central, third.
- 100 yds. run—10s. C. L. Parsons, Los Angeles, Cal., won; N. J. Cartmell, Louisville, second; W. B. Hunter, Louisville, third.
- 880 yds. run—2m. 4 1-5s. (New Y.M.C.A. record.) W. A. Brown, Cincinnati, won; L. H. Powell, Chicago Central, second; R. L. Sanford, Brooklyn Central, third.
- 1-mile run—4m. 38 4-5s. (New Y.M.C.A. record.) H. Buechler, Chicago Central, won; E. Ramn, Cincinnati, second; H. Monroe, New Orleans, third.
- 440 yds. run—52 4-5s. H. C. Dane, St. Louis Central, won; L. H. Powell, Chicago Central, second; L. E. Cornelius, St. Louis Central, third.
- 220 yds. low hurdle—27 2-5s. A. Sandau, Cincinnati, won; L. C. Bailey, St. Louis Central, second; C. S. Jacobs, Chicago Central, third.
- 220 yds. run—22s. (New Y.M.C.A. record.) N. J. Cartmell, Louisville, won; C. L. Parsons, Los Angeles, Cal., second; W. H. Hunter, Louisville, third.
- 2-mile run—10m. 19 3-5s. (New Y.M.C.A. record.) A. Haigh, Chicago Central, won; A. E. Small, Buffalo Central, second; H. Albert, St. Louis Central, third.
- 1-mile relay (four men to run)—3m. 26 1-5s. Los Angeles team, won; Chicago Central team, second; Cincinnati Central team, third.
- Pole vault for height—10ft. 8in. R. V. Norris, Chicago Central, won; C. H. Jacobs, Chicago Central, second; R. H. Albertson, Chicago Central, third.
- Putting 16-lb shot—40ft. 7in. A. B. Gunn, Buffalo Central, won; D. B. Crommell, Los Angeles, second; W. H. Stevenson, Cincinnati, third.
- Running high jump—5ft. 8in. J. J. Schommer, Chicago Central, won; D. B. Crommell, Los Angeles, second; J. McLaughlin, Cincinnati, third.
- Throwing 16-lb. hammer—123ft. 7in. A. A. Johnson, St. Louis Central, won; D. B. Crommell, Los Angeles, second; A. B. Gunn, Buffalo Central, third.
- Throwing the discus—106ft. 3 1-2in. A. B. Gunn, Buffalo Central, won; J. J. Schommer, Chicago Central, second; A. A. Johnson, St. Louis Central, third.
- Running broad jump—21ft. 7in. W. B. Hunter, Louisville, won; J. P. Hagerman, Los Angeles, second; Roy Gray, St. Louis Central, third.

ALASKA-YUKON-PACIFIC EXPOSITION, SEATTLE, WASH.

July 23-24, 1909.

Following is the summary of events in the Handicap Meet:

- 100 yds. dash—J. Koenigsdorf, K. C. (scratch), first; G. Sutton, Philadelphia (1yd.), second; J. Girard, Tacoma (3yds.), third. Time, 10 3-5s.
- 220 yds. dash—J. Girard, Tacoma (3yds.), first; G. Sutton, Philadelphia (3yds.), second; F. Mitchell, Vancouver (5yds.), third. Time, 23 1-5s.
- 440 yds. dash—McCartney, Chicago (scratch), first; N. Dillabough, Vancouver (scratch), second; F. England, Seattle (18yds.), third. Time, 53 2-5s.
- 880 yds. run—D. Stopplet, K. C. (20yds.), first; H. Watson, Tacoma (scratch), second; J. Logan, Vancouver (scratch), third. Time, 2m. 3s.



1, Heaphy; 2, Boosy; 3, Vinton; 4, Krutz; 5, Bush; 6, Ely; 7, Huebner, coach; 8, Mazer; 9, Wilson, captain; 10, Sutton; 11, Dr. Modisett, director; 12, Gray, scorer.

DETROIT (MICH.) "Y" BASKET BALL TEAM, Y. M. C. A.

- 120 yds. hurdles—Hillier, Vancouver (scratch), first; J. DeChesne, Seattle (scratch), second. Time, 18 1-5s.
- 220 yds. hurdles—Hillier, Vancouver (scratch), first; J. DeChesne, Seattle (scratch), second; H. Mensing, Seattle (5yds.), third. Time, 28 1-5s.
- Mile run—F. Elkins, Vancouver (scratch), first; R. George, Seattle (40yds.), second; H. Lewis, Seattle (60yds.), third. Time, 4m. 53s.
- 12-lb. shot put—J. DeChesne, Seattle (5ft.), first; C. Chapman, Chicago (7ft.), second; N. Bruseth, Everett (2ft.), third. Distance, 48ft.
- 12-lb. hammer—W. Bruseth, Everett (25ft.), first; O. Anderson, Seattle (10ft.), second; H. Kanatzer, K. C. (scratch), third. Distance, 161ft. 5in.
- Discus—H. Kanatzer, K. C. (scratch), first; O. Anderson, Seattle (12ft.), second; J. Koenigsdorf, K. C. (10ft.), third. Distance, 113ft. 9in.
- Running broad jump—W. Hill, Seattle (3ft. 6in.), first; C. Morton, Tacoma (3ft.), second. Distance, 16ft. 4in.
- Running high jump—C. Sheets, Portland, first; Muzzall, Everett, second; C. Mills, Tacoma, third. Height, 5ft. 6jin.

Following is the summary of the events in the Scratch Meet :

- 100 yds. dash—Koenigsdorf, K. C., first; Gerard, Tacoma, second; Irons, Chicago, third. Time, 10 4-5s.
- 220 yds. dash—Sutton, Philadelphia, first; Koenigsdorf, K. C., second; Gerard, Tacoma, third. Time, 23 3-5s.
- 440 yds. dash—McCartney, Chicago, first; Chapman, Chicago, second; Newton, Everett, third. Time, 54s.
- 880 yds. run—Sauer, Chicago, first; Shearer, Vancouver, second; Watson, Tacoma, third. Time, 2m. 2 3-5s.
- 120 yds. hurdles—Hendrickson, K. C., first; Hillier, Vancouver, second; Argabite, Ventura, third. Time, 17s.
- 220 yds. hurdles—Hendrickson, K. C., first; Price, Tacoma, second; Hillier, Vancouver, third. Time, 28 3-5s.
- Five mile run—Raine, Vancouver, first; Fischer, North Yakima, second; Stophlet, K. C., third. Time, 28m. 3s.
- 16-lb. shot put—Kanatzer, K. C., first; Bruseth, Everett, second; Koenigsdorf, K. C., third. Distance, 38ft. 6in.
- 16-lb. hammer throw—Kanatzer, K. C., first; Bruseth, Everett, second; Anderson, Seattle, third. Distance, 118ft. 4in.
- Discus throw—Koenigsdorf, K. C., first; Rowley, Everett, second; DeChesne, Seattle, third. Distance, 123ft. 2in.
- Running broad jump—Argabite, Ventura, first; Beal, Troy, second; Hendrickson, K. C., third. Distance, 20ft. 2in.
- Running high jump—Argabite, Ventura, first; Sheets, Portland, second; Mazzall, Everett, third. Height, 5ft. 7jin.
- Pole vault—Duesing, Chicago, first; Hillier, Vancouver, second; Messeguee, Portland, third. Height, 9ft.
- Mile run—Stophlet, K. C., first; Elkins, Vancouver, second; Watson, Tacoma, third. Time, 4m. 43s.
- Mile relay race—Won by Chicago team, composed of Sauer, McCartney, Chapman and Irons. Vancouver, second; team composed of Logan, Shearer, Dillabough and Elkins. Time, 3m. 36 4-5s.

INTERNATIONAL INDOOR ATHLETIC CHAMPIONSHIP AND GYMNASTIC EXHIBITION, TORONTO, CANADA.

October 29, 1910.

Following is a list of the athletic events and winners :

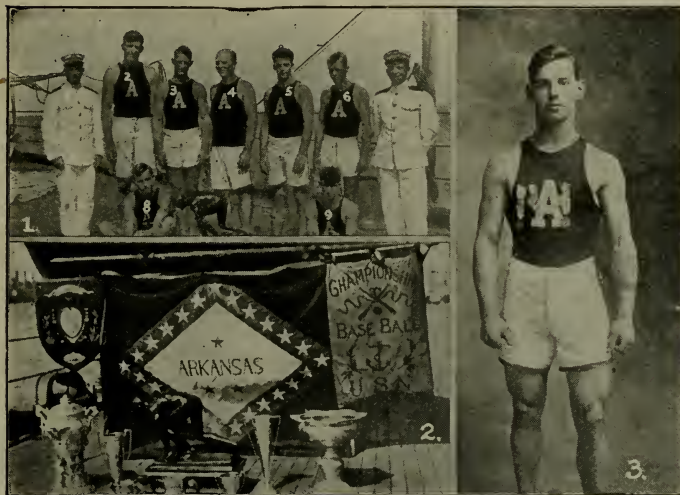
- 50 yds. dash (for boys)—J. Moriarity, Toronto West End, first; Harley Smith, Toronto Central, second; C. Dent, Hamilton, third. Time, 5 4-5s.
- 60 yds. dash—L. J. Sebert, Toronto West End, first; F. L. Klaiber, Genesee Branch, Buffalo, second; George H. Barber, Toronto Central, third. Time, 6 3-5s.
- 220 yds. dash—W. J. Murphy, Brooklyn Central, first; W. H. Lauer, Philadelphia, Pa., second; J. Still, Rochester, third. Time, 25 2-5s.



(1) MEN'S DEPT. Y.M.C.A. TEAM—1, Jackson; 2, Walker; 3, Bell; 4, Morris; 5, Durden; 6, Schnore; 7, Swann; 8, Matson, Capt.; 9, Howard. (2) BOYS' DEPT. Y.M.C.A. TEAM—1, Cefale; 2, Simpson; 3, Hull; 4, Dill; 5, Matthews; 6, Saperstein; 7, Hollowell; 8, Hardin; 9, Harris; 10, Chestnut; 11, Schaul; 12, Reese; 13, Thompson; 14, Merritt. (3) NEWSBOYS' DEPT. Y.M.C.A. TEAM—1, Gilstein; 2, Klotz; 3, Goldstein; 4, Finkelstein; 5, C. Markeles; 6, Yarbrough; 7, H. Markeles; 8, M. Markeles; 9, W. Davis; 10, Reed; 11, Siegel; 12, R. Davis; 13, Sherman; 14, Manes.

TURKEY BASKET BALL LEAGUE.

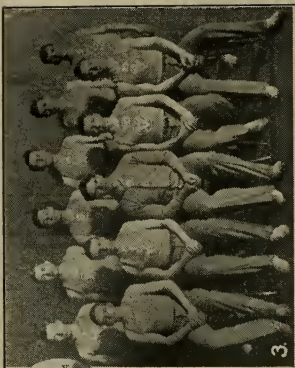
- 440 yds. run—M. J. Follinsbee, Toronto West End, first; R. E. Terwillinger, Brooklyn Central, second; C. E. Gorham, Brooklyn Central, third. Time, 54s.
- 880 yds. run—R. Pratt, Toronto West End, first; H. N. Miller, Philadelphia, second; J. Leimer, Orange, N. J., third. Time, 2m. 12 2-5s.
- 1 mile run—J. Tait, Toronto West End, first; A. R. Holden, Toronto West End, second; W. L. McGee, Philadelphia, third. Time, 4m. 40s.
- 1 mile Association team relay race—Toronto West End, first; Brooklyn Central, second; Toronto Central, third. Time, 3m. 41s.
- 1 mile relay for boys (8 boys)—Toronto Central, first; Toronto West End, second; Hamilton, third. Time, 3m. 54 1-5s.
- Running high jump—Norman Colvin, Galt, Ont. (5ft. 7½in.), first; W. Marshall, Toronto West End (5ft. 6½in.), second; G. H. Barber, Toronto Central (5ft. 4½in.), third.
- 12-lb. shot put—H. Clark, Hamilton (44ft. 2in.), first; H. Callowhill, Hamilton (44ft. ½in.), second; E. B. Archibald, Toronto West End (43ft. 11½in.), third.
- Pole vault—E. B. Archibald, Toronto West End (11ft.), first; Alexander Cameron, Toronto Central (10ft. 6in.), second; D. Webster, Hamilton (8ft. 6in.), third.
- Parallel bar contest—R. Burkhardt, Toronto Central (57½ points), first; D. Gillis, Hamilton (52½ points), second; A. Curtis, Hamilton (51½ points), third.



(1) U. S. S. ARKANSAS TRACK TEAM, BROOKLYN (N. Y.) ARMY AND NAVY Y.M.C.A.—1, Ensign Riche, U. S. N., Coach; 2, Eckerd; 3, Eagers; 4, Chanler; 5, Lofgren; 6, Jocoy; 7, Ensign Sanborn, U. S. N., Ath. Officer; 8, Gillies; 9, Peasley. (2) U. S. S. Arkansas Trophies, Brooklyn (N. Y.) Army and Navy Y.M.C.A. (3) G. F. Silvia, U. S. S. Arkansas.



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6

(1) OTTUMWA (IOWA) Y.M.C.A. BASKET BALL TEAM. (2) OTTUMWA (IOWA) Y.M.C.A. ROYAL ARCANUM BASE BALL TEAM, Champions Twilight Base Ball League—1, Rogers; 2, Headman; 3, Poundstone; 4, Souger; 5, Wilson; 6, Simpson; 7, Lee, Mgr.; 8, Berry, Capt.; 9, Rutter; 10, Kendall; 11, Orman; 12, Price; 13, Pickett, Mascot; 14, Sm'th. (3) OTTUMWA (IOWA) Y.M.C.A. SENIOR LEADERS. (4) OTTUMWA (IOWA) Y.M.C.A., Champions Bible Class League. (5) OTTUMWA (IOWA) Y.M.C.A. BARACA TEAM, S. S. BAPTIST CHURCH, Champions Commercial Basket Ball League. (6) OTTUMWA (IOWA) Y.M.C.A., Champions Commercial Bowling League.

National Y.M.C.A. Wrestling Championships

Held at Salem, Mass., April 19, 1915

125-lb. Class.—P. E. Roberge d. E. H. Baston, 3 m. 2 sec.; W. Davis d. R. Packard, forfeit; L. Andrews d. C. H. Atkinson, 10 min., decision; C. E. Atkins d. E. Lamprey, 6 min. 46 sec.; P. E. Roberge d. W. Davis, 1 min. 16 sec.; L. Andrews d. C. E. Atkins, 10 min., dec.; L. Andrews d. P. E. Roberge, 15 min., dec.

135-lb. Class.—A. Lemieux d. C. E. Perkins, 2 min. 33 sec.; C. A. Cann d. G. Combs, 6 min. 10 sec.; C. A. Cann d. A. Lemieux, 6 min.

145-lb. Class.—C. Scopelitis d. L. Chauvy, 10 min., dec.; T. V. Sullivan, d. C. Scopelitis, 15 min., dec.

158-lb. Class.—H. Henrickson, forfeit; J. Leahy d. E. Murphy, 15 min., dec.

Light Heavyweight.—H. Boghosian d. E. Madden, 6 min., 43 sec.; P. Mereculis d. H. Boghosian, 15 min., dec.

ENTRIES

125-lb. Class.

P. E. Roberge.....	Newburyport	E. Lamprey.....	Salem
E. H. Baston.....	Lynn	R. Packard.....	Salem
C. H. Atkinson.....	New York	C. E. Atkins.....	Beverly
W. Davis.....	Salem	L. Andrews.....	Boston

145-lb. Class.

J. A. York.....	Hartford	T. V. Sullivan.....	Salem
L. Chauvy.....	Hartford	C. Scopelitis.....	Boston

135-lb. Class.

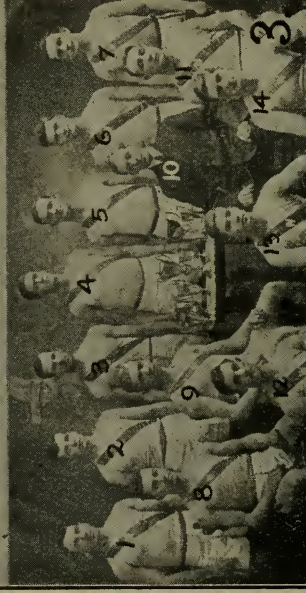
C. A. Cann.....	Lynn	A. Lemieux.....	Salem
G. Combs.....	Chelsea	C. E. Perkins.....	Salem

158-lb. Class.

E. Murphy.....	Salem	J. Leahy.....	New York
H. Henrickson.....	Boston		

Light Heavyweight.

P. Mereculis.....	Lynn	H. Boghosian.....	Lynn
E. Madden.....	Salem		



(1) NEWPORT (R. I.) ARMY AND NAVY Y. M. C. A. BASKET BALL TEAM, 1912-1913. (2) NEWPORT (R. I.) ARMY AND NAVY Y. M. C. A. BASKET BALL TEAM—1, Jonahay, Phy. Instr.; 2, Sundberg; 3, Pritchard; 4, Oswald, Mgr.; 5, Herman; 6, Flack; 7, Burns, Capt.; 8, Price. (3) WOONSOCKET (R. I.) Y. M. C. A. TRACK TEAM, 1914-1915—1, Dorval; 2, Mason; 3, Brindle, Capt.; 4, Sugden; 5, Hicks; 6, N. Earle; 7, Bennett; 8, Armstrong; 9, Cook; 10, Cookson, Phy. Dir.; 11, Hudson; 12, Ormondroyd; 13, C. Earle; 14, Cowburn, Mgr. (4) ATTLEBORO (MASS.) Y. M. C. A. TRACK TEAM—1, Selby; 2, Johnson; 3, Guild; 4, Doty; 5, Kuhlman; 6, Vetter; 7, Willson; 8, Broadbent; 9, Pelletier; 10, Erno; 11, De Groat; 12, Homer, Capt.; 13, Moon; 14, Cooney; 15, Fisher.

Cooperation in Basket Ball Rules

The Collegiate Athletic Association of the United States and the Athletic League of the Young Men's Christian Associations of North America have united in the making of basket ball rules. The two agencies will also unite in the making of rules for track and field athletics and swimming, and possibly for other sports.

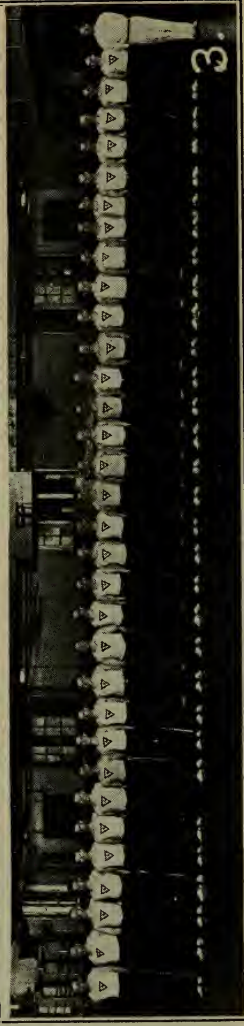
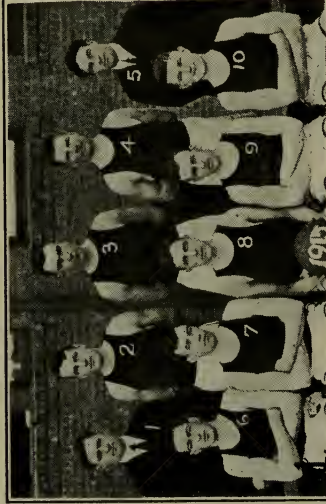
This action unites two great institutions having great ideals and principles and possessing wide influence in the administration of athletic sports. These two agencies, because they are so numerous and cover such an extensive territory, are becoming increasingly the dominating influence in athletics in America and in other lands as well. This banding together will mean much with reference to rapid advance in the achievement of clean sport ideals throughout the land.

It is advised that all local Associations adopt the Intercollegiate Basket Ball rules and advise their use by all other agencies with which they have relations.

Uniting with the collegiate Associations in the making of basket ball rules does not mean that the Associations must enter more largely in competitive basket ball games or even that there will be more competition between colleges and Associations. It ought to mean that Associations will universally use the collegiate rules and promote their use by other organizations. The Association has representation on the committee and will have opportunity for making suggestions for, and criticisms of, the rules.

A very wise and commendable procedure which is followed by the basket ball committee is the holding of what are known as interpretation meetings preceding the basket ball season, at which time the rules are interpreted and changes in the rules explained. These meetings are open to Association men.

We are pleased to announce that the Amateur Athletic Union of the United States has appointed a committee to meet the above committees and unite in the making of the Basket Ball rules for 1915-1916. This means that there will be but one set of rules published by the three bodies.



(1) OAKLAND (CALIF.) Y.M.C.A. BASKET BALL CHAMPIONS—1, Bock, Coach; 2, Wood; 3, Brown; 4, Broderick; 5, Martin, Phys. Dir.; 6, Laughland; 7, Street; 8, Hjelte, Capt.; 9, Guarini, Mgr.; 10, Waddell. (2) NEW WESTMINSTER (B. C.) Y.M.C.A. 110 LB. BASKET BALL TEAM—1, H. W. Dawe, Mgr.; 2, Lewis; 3, Sorensen, Phys. Dir.; 4, Allan; 5, R. Butler, Capt.; 6, C. Dawe; 7, C. Butler; 8, Fisher. (3) TORONTO (CAN.) CENTRAL Y.M.C.A. SENIOR LEADERS' CORPS.

An Honor Code for All Competitive Athletics*

WM. H. BALL.

No array of statistics or series of arguments is necessary to convince this body that the interest in competitive athletics is stronger today than ever before. A steadily increasing number of participants and spectators is evidenced on every hand. Hundreds of thousands of our adolescent youth manifest the keenest interest in some form of athletic contest.

It is significant that this interest often dominates the individual during the years that life's habits are firmly fixed and character largely determined. The mere statement of such facts indicates at once that athletics may become a vitally potent factor in the weal or woe of the individual and national citizenship of our country.

An *amateur athlete* participates purely for the pleasure of *the game*, for in their true essence athletics are simply forms of play, and play is now recognized as nature's method of education. This suggests, therefore, that athletics have large educational and character-training values, which is true.

On this basis it is of the greatest importance that the amateur's motive in participating, as well as his attitude and conduct toward teammates, officials and public should be such as to develop the qualities of a thorough gentleman rather than those of a "sport." It is thus very evident that every effort should be made to insure that conduct unbecoming a gentleman should never be indulged in.

We believe that our athletics and play life throughout the nation should be maintained on the highest possible basis of gentlemanly conduct and true sportsmanship, and submit the following as

THE AMATEUR'S HONOR CODE IN COMPETITIVE ATHLETICS.

1. A true amateur athlete will never intentionally make misrepresentation regarding his eligibility, ability or intentions, nor will he continue competing as such after he has ceased to be in sympathy with the spirit of amateurism.

2. Athletic rules will not be ignored or evaded either in letter or spirit but will be considered as mutual agreements between contestants for the purpose of providing a basis of honorable competition between gentlemen. The letter or spirit of the rules will no more be ignored or evaded than will a gentleman's "word of honor."

3. Every honest and earnest effort will be made to win a contest but a dishonorable victory will not be accepted.

4. An amateur will always be loyal to his teammates in every honorable endeavor and do his utmost to prove a worthy representative of his institution or club.

5. Opponents will be treated as friends and honored guests even when they do not reciprocate. No unfair advantage will be taken of them under any circumstances. Good plays will be suitably acknowledged.

6. Officials will be considered as impartial and competent arbiters. Decisions will be accepted without dispute even when they are apparently unfair. Advantage will not be taken of lax rule enforcement. Personal abuse or ill feeling of any kind will not be publicly manifested even when an official proves incompetent or dishonest.

7. Contestants will not attempt to "play to the grand-stand" for publicity or applause. Appreciation from spectators will be taken for granted and not acknowledged.

* Adopted by Athletic Research Society, Dec., 1914.



1. Y.M.C.A. Volley Ball Team; 2, Y.M.C.A. Basket Ball Team; 3, Y.M.C.A. Indoor Base Ball Team.

MONTEVIDEO (URUGUAY) ASSOCIATION, PHYSICAL DEPARTMENT,

In further consideration of the foregoing we now discuss the amateur's attitude toward:

- I. Athletics in General.
- II. Teammates.
- III. Opponents.
- IV. Officials.
- V. Spectators and Public.

I. *Athletics in General.*

An amateur athlete who participates in physical sport does so fundamentally for pleasure. Motives, however, are nearly always more or less mixed, but the primary and controlling motive of the true amateur will always be the enjoyment of the game. The victory, the prize, or the plaudits of an audience will be of minor importance.

True amateurism stands for a high sense of honor, honesty, fair play, courtesy and temperance on the part of competitors, officials and spectators. It stoops to no technicalities to twist or evade rules to gain advantage over opponents.

The distinguishing feature between the amateur and others is that of motive. When an amateur knowingly claims, tacitly or otherwise, to be what he is not, or misstates in any way his qualifications or makes an entry for a contest without any intention of competing, or to compete and not do his best, or knowingly to violate the spirit of the contest rules, he has ceased to be an amateur in spirit and is in honor bound to discontinue competing as such.

To develop a high purpose and noble character is of larger value than to win a game or even a world's championship.

Defeat is not of itself a disgrace nor is victory necessarily an honor. "An honorable victory or none" is a more worthy and sportsmanlike standard than "win at any cost, by fair means if we can or foul if we must."

In such a standard there is no place for a double code of ethics, one for the public and quite another for the training quarters.

We therefore recommend that it be considered unsportsmanlike, ungentelemanly and dishonorable for a true amateur:

1. To intentionally make any misrepresentation regarding his eligibility, ability or intentions, or to continue competing as such after he has ceased to be in sympathy with the spirit of amateurism.
2. To ignore or evade athletic rules either in letter or spirit, or to fail to consider them as mutual agreements between contestants for the purpose of providing a basis of honorable competition between gentlemen.
3. To fail to make every honest and earnest effort to win the contest and to refuse to accept a dishonorable victory.

II. *Teammates.*

Teammates have every reason to expect from their associates enthusiastic support of the team policy and program, including faithful adherence to training regulations and utmost endeavor or sacrifice to insure perfect team cooperation.

Therefore we recommend that it be considered unsportsmanlike, ungentelemanly and dishonorable for a true amateur to fail to be loyal to his teammates and in every honorable manner to do his utmost to prove a worthy representative of his institution or club.

III. *Opponents.*

Is there any good reason why gentlemen should cease to be gentlemen simply because they meet on the athletic field rather than on the street, in the club or at home?

Athletic contests are often essentially combative but they are not of necessity "fights." They are honorable struggles for supremacy in a play game. The contest is one of skill and endurance. Strategy will often be employed, but underhand trickery, or deceit, or brutality, never.

Nothing will add so much to the genuine pleasure of all concerned as to have contestants do unto others as they would be done by, and to do it first,



1, Japanese wrestling in Y. M. C. A. courtyard at Dalren, Manchuria, Asst. Secy. Yamaguchi in Western dress at left center (standing). 2, Opening Association Archery Range, Dalren, Manchuria. 3, Robillos, champion Filipino sprinter, Manila, Philippine Islands. 4, Igorote boys playing base ball at Baquio, P. I.—Y. M. C. A. material. 5, Filipino-Chinese relay race—ft. Wm. McKinley to Manila. Auto waiting in a native village to pick up the runners,



1, Japanese wrestling in Y. M. C. A. courtyard at Dalren, Manchuria, Asst. Secy. Yamaguchi in Western dress at left center (standing). 2, Opening Association Archery Range, Dalren, Manchuria. 3, Robillos, champion Filipino sprinter, Manila, Philippine Islands. 4, Igorote boys playing base ball at Baquio, P. I.—Y. M. C. A. material. 5, Filipino-Chinese relay race—ft. Wm. McKinley to Manila. Auto waiting in a native village to pick up the runners,

and especially to commend in no uncertain manner evidences of clean sport and skillful performance on the part of others.

Therefore we recommend that it be considered unsportsmanlike, ungentlemanly and dishonorable for a true amateur :

1. To treat opponents other than as friends and honored guests, even when they do not reciprocate.
2. To take unfair advantage of them under any circumstances.
3. To fail to suitably acknowledge good plays.

IV. *Officials.*

Officials are used in order that there shall be absolutely "fair play" between opponents, but no one who has had experience will question the statement that it is an exceedingly difficult matter for an official of an athletic contest to serve to the mutual satisfaction of all the interested parties. Every decision helps or hinders one side or the other.

Presumably only competent and honorable gentlemen are selected to serve as such responsible officials. The very best men, however, make mistakes.

It is only as competent officials are treated as honest in intention and capable in service that we can expect to find qualified gentlemen willing to continue to serve in these capacities.

Therefore we recommend that it be considered unsportsmanlike, ungentlemanly and dishonorable for a true amateur athlete to :

1. Dispute any official's decision even when it is apparently unfair.
2. Take advantage of lax rule enforcement.
3. Personally abuse or show ill feeling of any kind in public even when an official proves incompetent or dishonest.

V. *Spectators.*

The standard of sportsmanship *practiced* by leading athletes becomes the ideal of a large number of less prominent but very important athletes and teams.

Every public athletic game becomes *ipso facto* a powerful and important educational force for good or ill to the hundreds and often thousands of spectators who witness the contest.

While amateur games are not conducted primarily for the spectators, but rather for the participants, it is probable that spectators will always be an important factor in much of our athletics. They are a vital force in determining the conduct of competitors, for the latter are quite sensitive to the approval or disapproval of an audience.

We therefore appeal to every true sportsman and gentlemanly spectator to unite in appreciation of every evidence of honorable action or spirit on the field *by applause* and in condemnation of every dishonorable action *by silence*.

Therefore we recommend that it be considered unsportsmanlike, ungentlemanly and dishonorable for an amateur athlete to fail to manifest other than a high sense of honor, honesty, fair play, courtesy and temperance, both before teammates, opponents and public.

We furthermore recommend that it be considered as unbecoming an amateur to seek to play to the "grandstand" and thus secure publicity or applause. When applause is given, it shall be taken as a matter of course and not be publicly acknowledged.

Volley Ball Rules*

RULE I. GROUNDS.

SECTION 1. *Court.* The playing surface shall be a rectangular court, not to exceed thirty-five feet in width by sixty feet in length, free from obstruction, and having a height of fifteen feet or more which is free from apparatus or other obstructions or projections.

SECTION 2. *Singles.* For playing singles the court shall be divided by a line running midway between the side lines and parallel to them, making two courts seventeen and a half feet wide by 60 feet long.

SECTION 3. *Boundary Lines.* The court shall be bounded by well defined lines not less than two inches in width, and which shall be at every point at least three feet from walls or any obstructions. The lines on the short sides of the court shall be termed the end lines, those on the long sides, the side lines.

RULE II. BALL.

The ball shall be round and shall consist of a rubber bladder covered with a leather case; it shall be not less than twenty-six or more than twenty-seven inches in circumference. It shall weigh not less than seven and not more than nine ounces.

RULE III. NET.

The net shall be at least three feet wide and of sufficient length to reach from boundary to boundary. The mesh shall be small enough to prevent the passage of the ball through the net. It shall be tightly stretched by the four corners across the court midway between the end lines and parallel to them. The top line shall be level and measure eight feet from the center to the floor.

RULE IV. TEAMS.

SECTION 1. *Number of Men.* In all official games, teams shall be composed of six men.

SEC. 2. *Substitutes.* A substitute may take the place of a player only when a whistle has been blown declaring the ball dead. He shall report at once to the Referee.

* These rules were adopted as the official rules by the Physical Directors' Society in June, 1912, and amended May, 1915.

RULE V. OFFICIALS.

The officials shall be a Referee, two Linesmen and Time-keepers.

Note.—Duties of officials are stated in Rules 14 and 15.

RULE VI. DEFINITIONS OF TERMS.

SECTION 1. *Own and Opponents' Court.* The court occupied by a team shall be called their own court, that occupied by their opponents the opponents' court.

SEC. 2. *Serving Order.* The order in which players are to serve shall be called the "Serving Order."

SEC. 3. *Rotation.* The shifting of the men in position shall be called "Rotation."

SEC. 4. *Service.* A service is the putting of the ball in play by an eligible man, by batting it into the opponents' court in any direction with one or both hands while standing with one or both feet on or behind any part of the end line of the court.

SEC. 5. *Point.* "Point" shall be called when the team receiving fails to legally return the ball to the opponents' court.

SEC. 6. *Side Out.* "Side out" shall be called when the team serving fails to win its point or plays the ball illegally.

SEC. 7. *Playing the Ball.* A player who touches the ball when it is not dead shall be considered as playing the ball.

SEC. 8. *Out of Bounds.* The ball is out of bounds when it touches any surface, object or part of the floor outside of the court.

SEC. 9. *Ball Dead.* The ball is dead when the Referee's whistle blows calling any decision.

SEC. 10. *Delaying the Game.* Any player committing any act which, in the opinion of the Referee, tends to stop or slow down the games unnecessarily shall be considered as delaying the game.

SEC. 11. *Catching or Holding.* When the ball momentarily comes to a rest in the hands or arms of a player and is not clearly batted, he shall be considered as catching or holding the ball.

SEC. 12. *Dribble.* A player striking the ball two or more times consecutively shall be considered as dribbling.

RULE VII. THE GAME.

SECTION 1. *Number of Points.* The game shall consist of 21 points.

SEC. 2. *Teams not Ready to Play.* If either team is not on the floor ready to play within one minute after the Referee calls play the game shall be forfeited to the team that is ready. (See Rule XII., Section 5.)

SEC. 3. The score of a forfeited game shall be 1 to 0.

RULE VIII. CHOICE OF COURTS AND SERVICE.

The captains shall toss for service and courts. The winner of the toss may choose either to take the first service or his choice of the courts.

RULE IX. SERVER AND SERVICE.

SECTION 1. *Order.* At the opening of the game the ball shall be put in play by the first man on the service of the team which is to begin service.

SEC. 2. *Rotation.* Each server shall continue to serve until the Referee calls "Side out," at which time the men of the serving side shall immediately rotate one position to the left.

SEC. 3. *Illegal Service.* A service which strikes the net or any other object or surface shall put the side out.

SEC. 4. In a series of games the team serving at the finish of the game shall change sides and continue to serve until the Referee calls "side out."

SEC. 5. The team losing the previous game to have the first serve in the succeeding game.

RULE X. PLAYING THE BALL.

SECTION 1. *How and Where.* The ball may be batted in any direction with head, one or both hands and fists, but it must not touch the floor or go out of bounds or under net.

SEC. 2. *By any Number.* The ball may be played by any number of men before being batted over the net, but no man shall play over the net who has previously touched the ball on that volley, provided Sec. 9, Rule XI., is not violated.

SEC. 3. *Ball Striking Net.* A ball other than a service, striking the net and dropping over is still in play.

SEC. 4. *Out of Bounds.* If a player on either team bats the ball out of bounds, it shall count against his team. "Side out" or "Point" shall be called.

Note.—This shall not prohibit the recovery of a ball by the team batting it outside the court, provided the player does not advance beyond the net or the ball go out of bounds.

SEC. 5. *Recovering from Net.* Any ball other than a service may be recovered from the net.

SEC. 6. A ball striking a boundary line shall be considered "good."

SEC. 7. The server shall serve from the back line.

RULE XI. PROHIBITIONS.

A player shall not

SECTION 1. Strike the ball while he is supported by any player or object.

SEC. 2. Dribble.

SEC. 3. Catch or hold the ball.

SEC. 4. Reach over the net to strike the ball.

SEC. 5. Serve out of the regular order of service.

SEC. 6. Touch the net.

Note.—If two men on opposite sides touch the net simultaneously, no point shall be scored, and the ball shall be served again by the same player.

SEC. 7. Interfere with the play of the opposing team by entering their court.

SEC. 8. Address any official.

Note.—Captains only shall be allowed to address the officials.

SEC. 9. Delay the game.

SEC. 10. Make remarks or commit actions derogatory to the officials or tending to influence their decisions.

SEC. 11. Make personal or derogatory remarks about opponents.

SEC. 12. Reënter the game after being disqualified or taken out.

RULE XII. PENALTIES.

SECTION 1. *Side Out.* "Side out" shall be called for violation of Rule XI., Sections 1 to 12 inclusive, by the team serving.

SEC. 2. *Point.* "Point" shall be called for violation of Rule XI., Sections 1 to 8 inclusive, by the team receiving.

SEC. 3. *Point Awarded.* A point may for the first offense and shall for the second offense, be given the opponents for violation of Rule XI., Sections 8 to 12 inclusive.

SEC. 4. *Disqualifications.* The Referee may also disqualify for any violation of Section 10 or 11 or for persistent violation of Sections 9 to 12.

SEC. 5. *Forfeit.* Any team refusing to play after receiving instructions to do so from the Referee shall forfeit the game.

RULE XIII. SCORING.

Failure of the receiving team to legally return the ball over the net into the opponents' court shall count one point for the team serving.

Note.—A point cannot be made while the ball is dead.

RULE XIV. DUTIES OF THE REFEREE.

SECTION 1. *Superior Officer Makes all Scoring Decisions.* The Referee shall be the superior officer of the game. He shall decide when the ball is in play, when it is dead, when a point has been made, when side is out, and shall impose penalties for any violation of the rules.

SEC. 2. *Decides on Violations of Rules.* The Referee shall have power to make decisions for violations of rules committed at any time. This includes the periods when the game may be momentarily stopped for any reason.

SEC. 3. *Scores.* The Referee shall record the points made. His record shall constitute the official score of the game.

RULE XV. DUTIES OF THE LINESMEN..

SECTION 1. *Line Decisions.* The Linesmen shall be stationed at opposite corners of the court, so that each has two lines in plain view, and whenever the ball strikes the floor near a line the Linesmen shall call "good" or "out."

SEC. 2. *Assist Referee.* Upon the Referee's request, they shall report to the Referee on any play about which the Referee is uncertain.

SEC. 3. *Check Serving Order.* Before the game the Linesmen shall secure from each manager or captain the serving order of the team and shall see that the players follow the serving order and rotate in position.

RULE XVI. TIMER.

The Timekeeper shall be provided with a stop watch which will allow for taking out time and a whistle which shall be provided by the home team. He shall notify time by whistle, and the signal shall take immediate effect. The timer shall take out time when the referee blows the whistle calling the ball dead, and resume time when the ball is put in play again.

Water Polo Rules

1. *Field of Play.*—The distance between the goals shall not exceed 30 yards or be less than 19 yards; the width shall not be more than 20 yards and shall be of even width throughout the field of play. The two yard and four yard penalty lines and the half distance shall be clearly marked on both sides of the field of play.

2. *Depth.*—The water shall not be shallower than 3 feet.

3. *Goals.*—Goal posts shall be fixed at each end of the field of play. These must be at least one foot from the end of the bath or from any obstruction. The width between the posts to be 10 feet, and the cross-bar to be 3 feet above the surface when the water is 5 feet or over in depth; when the water is less than 5 feet in depth, the cross-bar to be 8 feet from the bottom. Nets must be attached to the goal posts in such a way as to close the whole goal area, and hang below the surface of the water. The back of the net must be at least one foot behind the goal line and hung from the height of the cross-bar. Goal posts and nets must be provided by the home team.

4. *The Ball.*—The ball shall be leather-covered and must be round and fully inflated, and shall measure not less than 27 inches and not more than 28 inches in circumference. It shall be waterproof, with no strapped seams outside and no grease or other objectionable substance on the surface. The ball must be furnished by the home team.

5. *Caps and Flags.*—One team shall wear white caps and the other team dark blue caps. Both goalkeepers shall wear red caps with quarterings of his own side's colors. A red flag and a white flag shall be provided for each goal scorer, and a dark blue and a white flag for the referee. The whole of the above to be provided by the home team.

6. *Officials.*—The officials shall consist of a referee, a time-keeper, and two goal scorers.

7. *Referee.*—The duties of the referee shall be:

(a) to start the game.

(b) to stop all unfair play.

(c) to decide all cases of dispute.

(d) to declare fouls and generally see that these rules are carried out.

- (e) to decide upon all goals, corner throws and goal throws, whether signified by the goal-scorer or not.
- (f) goals, fouls, and other stoppages of the game shall be signified by whistle.

The Referee's decision on questions of fact is final, and in all cases must be carried out during the game.

NOTE.—A Referee may alter his decision providing such alteration be notified before the ball is again in play. A Referee has power to stop play at any period of the game, if in his opinion the behavior of the players or spectators or other exceptional circumstances prevent the match from coming to a proper conclusion.

8. *Goal Scorers*.—The goal scorers, having tossed for choice of ends, shall stand at the side and in a line with the front of each goal, and when they consider that the entire ball has passed through the goal posts, or over the goal line, at their respective ends, only, they shall signify the same to the Referee, a red flag, denoting a corner; a white flag denoting a goal throw; and both flags to denote a goal. The goal scorers shall not change ends, and shall keep the score of goals of each team at their respective ends.

9. *Timekeeper*.—The timekeeper must be provided with an ordinary stop watch and a whistle, which must be provided by the home team. He shall notify half-time and time by whistle, and the signal shall take immediate effect.

10. *Time*.—The duration of a match shall be 14 minutes, seven minutes each way. Three minutes shall be allowed at half-time for change of ends. When the ball crosses the goal line, whether it be a goal, corner throw or goal throw, it shall be dead until the restart of the game, or until it leaves the hand of the player taking the throw, and all such time shall be deducted. Time occupied by disputes or fouls, or when the ball is thrown from the field of play, or lodges on an obstruction, as per Rule 21, shall not be reckoned as in the time of play.

11. *Teams*.—Each side shall consist of seven players, who shall wear drawers, or costumes, with drawers underneath the costumes. In baths no oil or grease or other objectionable substance shall be rubbed on the body.

12. *Captains*.—The captains shall be playing members of the teams they represent, they shall agree upon all preliminaries, and shall toss for choice of ends; the loser of the toss shall have choice of colors. If they are unable to agree upon any point, the Referee shall decide it for them.

13. *Starting*.—The players shall enter the water and place themselves in a line with their respective goals. The Referee shall stand in a line with the centre of the course, and having ascertained that the captains are ready, shall give the word "GO," and immediately throw or release the ball into the water at the centre of the field of play. From the start or restart a goal cannot be scored until the ball has been handled, viz., played with the hand below the wrist, either by two members of one team, in which case the scorer shall be within half distance of the goal attacked, or by a player of each team. An attempt on the part of the goalkeeper to stop the ball when it has been handled by the players of one team only, and shot from over half distance shall not constitute handling, and should the ball cross the goal line, a goal throw shall be awarded.

14. *Scoring*.—A goal shall be scored by the entire ball passing beyond the goal posts, and under the cross-bar. If, on the notification of half-time or time, the ball be not fully through the goal posts, no goal shall be allowed.

A goal may be scored by the head or feet, provided the ball has been previously handled by two players, as provided for in Rules 13 and 17.

15. *Ordinary Fouls*.—It shall be a foul:

- (a) to touch the ball with both hands at the same time.
- (b) to hold the goal posts, rail or side, during any part of the game.
- (c) to walk about the bath.
- (d) to stand on or touch the bottom during any part of the game, unless for the purpose of resting.
- (e) to interfere with an opponent or impede him in any way, unless he is holding the ball.
- (f) to hold the ball under water when tackled.
- (g) to jump from the bottom or push from the side—except at starting or restarting—in order to play the ball or duck an opponent.
- (h) to hold, pull back, or push off from an opponent.
- (i) to turn on the back and kick at an opponent.
- (j) to assist a player at the start or restart of the game, or for any player to push off from any part of the goal posts.
- (k) for the goalkeeper to go more than 4 yards from his own goal line, or to take a goal throw improperly. (Rule 20.)
- (l) to throw the ball at the goalkeeper or to an attacking player within two yards of goal, from a free throw. (Rule 20.)

- (m) to refuse to play the ball at the command of the Referee after a foul or after the ball has been thrown from the field of play.
- (n) to touch the ball before it has reached the water, when thrown in by the Referee. See Rules 17 and 21.

NOTE.—CLAUSE E.—Dribbling or striking the ball is not “holding,” but lifting, carrying, pressing under water, or placing the hand under or over the ball when actually touching, is holding. Dribbling the ball up and through the posts is permissible.

16. *Wilful Fouls*.—If, in the opinion of the Referee, a player commits an ordinary foul—Rule 15—wilfully, or one of the following specified offenses, the Referee shall at once order him out of the water until a goal has been scored.

It shall be considered a wilful foul:

- (a) to start before the word “GO.”
- (b) to deliberately waste time.
- (c) for a player to take up a position within two yards of his opponent's goal-line.
- (d) to deliberately change position after the Referee has blown the whistle to stop the game and until the ball is again in play.
- (e) to deliberately splash in the face of an opponent.
- (f) to strike at the ball with the clenched fist.

Any player ordered out of the water for misconduct or for a wilful foul, shall not re-enter until a goal has been scored, notwithstanding that half-time may intervene, or extra time be played, and then only with the consent of the Referee.

NOTE.—In the event of a Referee ordering a player out of the water and such player refusing, the game shall be stopped, the match awarded to the other side, and the offending player reported to the body governing the competition.

17. *Free Throws*.—The penalty for each foul shall be a free throw to the opposing side from the place where the foul occurred. The Referee shall declare a foul by blowing a whistle and exhibiting the color of the side to which the free throw is awarded. The player nearest to where the foul occurred shall take the throw. The other players shall remain in their respective positions from the blowing of the whistle until the ball has left the hand of the player taking the throw. A free throw shall be such as, in the opinion of the Referee, allows all players to see when the ball leaves the hand of the thrower. In the event of illness or accident or of one or more players from each team

committing a foul so nearly at the same moment as to make it impossible for the Referee to distinguish who offended first, he shall have the ball out of the water and throw it in as nearly as possible at the place where the foul occurred, in such a manner that one member of each team may have equal chance of playing the ball. In such cases the ball must be allowed to touch the water before it is handled. In all cases where a free throw is allowed under this Rule and Rules 15, 16, 19, 20 and 21, the ball must be handled, i. e., played with the hand below the wrist, by more than one player before a goal can be scored.

18. *Penalty Throw*.—A player wilfully fouled when within four yards of his opponent's goal line, shall be awarded a penalty throw, and the player who commits the offense must be ordered out of the water until a goal has been scored. The player to whom a penalty throw is awarded shall proceed to any point on the four yard line and await the signal of the Referee by whistle.

In the case of a penalty throw, it shall not be necessary for the ball to be handled by any other player before a goal can be scored, but any player within the four yard line may interrupt a penalty throw.

19. *Goalkeeper*.—The goalkeeper may stand to defend his goal, but he must not throw the ball beyond half-distance; the penalty for so doing shall be a free throw to the opposing side from half-distance at either side of the field of play. The goalkeeper must keep within 4 yards of his own goal line or concede a free throw from the 4-yard line to his nearest opponent. The goalkeeper is exempt from Clauses A, C, D and G, in Rule 15, and Clause F, in Rule 16, but he may be treated as any other player when in possession of the ball. Except when injury or illness compels him to leave the water—when Rule 22 shall apply—the goalkeeper can only be changed at half-time. In the event of a goalkeeper being ordered out of the water, his side cannot appoint another goalkeeper except at half-time, as defined above, and any player defending the goal in his place shall not come under the special limitations and exceptions attached to a goalkeeper.

20. *Goal and Corner Throws*.—A player throwing the ball over his own goal line shall concede a free corner throw to his opponents, and such free corner throw shall be taken from the 2-yard line at the side of the bath, by the player on the opposing side nearest the point where the ball leaves the field of play. If attacking side throws the ball over, it shall be a free goal throw to their opponents' goalkeeper, who must pass the ball to another player or beyond the 2-yard line. The whistle must be

blown immediately the ball crosses the goal line, and from that time until the ball leaves the hand of the player taking the free throw, all players must remain in their respective positions.

NOTE.—If a goalkeeper puts the ball in play by free throw, and, before any other player has handled, regains possession, and allows it to pass fully through his goal, a corner throw shall be awarded to the opposing side.

21. *Out of Play.*—Should a player send the ball out of the field of play at either side, it shall be thrown in any direction from where it went out by one of the opposing side, and shall be considered a free throw. The player nearest the point where the ball leaves the field of play must take the throw. Should the ball strike or lodge in an overhead obstruction, it shall be considered out of play, and the Referee shall then stop the game and throw the ball into the water under the said obstruction. The ball must be allowed to touch the water before it is handled, and must be handled by more than one player before a goal can be scored.

22. *Leaving the Water.*—A player leaving the water or sitting or standing on the steps or sitting on the side of the bath in which the match is being played, during the progress of the game, except in case of illness or accident or by permission of the Referee, shall not re-enter the water until a goal has been scored, or until half-time. Any player having left the water must have the permission of the Referee before re-entering, and he may only re-enter at his own goal line. A player leaving the water during the progress of the game, without the permission of the Referee, or refusing to re-enter the water at the request of the Referee, shall be deemed guilty of misconduct, and be liable to suspension by the body governing the particular match in which he is competing.

Hand Ball Rules*

SINGLE WALL COURT

Court.—The service wall should be approximately in the proportion of four (4) for height to five (5) for width. The side lines of the court should run at right angles to the service wall. The court should be approximately two and one-half times as long as the service wall is high, divided into two equal parts by a line running parallel with the service wall, which line is the service line. A space three feet square shall be marked in the outer court in both corners, formed by the service line and the side lines; these spaces shall be termed the "partners' boxes."

Ball. The ball known as the "Irish Ace" made of rubber and about $1\frac{7}{8}$ inches in diameter is best, for it fits the hand and the players are more accurate with it. A tennis ball, however, may be used.

Game.—The game shall consist of twenty-one points, and may be played by two, three or four persons.

RULE 1. The choice for the right to serve shall be decided by toss.

RULE 2. The player serving the ball shall be termed the server, and the player to whom the ball is served the receiver.

RULE 3. When the server loses he shall become the receiver and the receiver the server, and so on alternately in all subsequent services of the game.

RULE 4. On the service the ball must be struck from a bounce behind the service line, hit the service wall and then land in the outer court (beyond the service line). The server must keep in the outer court while making the serve.

RULE 5. A *fault* consists of a ball not served over the service line, or a ball served over the back or side lines. Two consecutive faults shall retire the server. A fault cannot be returned.

RULE 6. The server shall not serve until the receiver is ready. After a server has been retired he shall be given sufficient time to get into position before play is resumed. If the latter attempts to return the service he shall be deemed ready.

* See diagram on page 182.

RULE 7. A service or fault delivered when the receiver is not ready counts for nothing.

RULE 8. The ball is in play on leaving the server's hand, except as provided for in Rule 5.

RULE 9. The server wins a point if the receiver fails to return the service or ball in play so that it drops within the space bounded by the side lines and back line; or if the receiver loses as provided by RULE 16. Only the side serving scores.

RULE 10. The server loses his service if he serves two consecutive faults; or if he fails to return the ball in play; or if he returns the ball in play so that it falls outside of the court; or if the ball, when served, fails to strike the service wall first; or if he otherwise loses as provided by RULE 16.

RULE 11. A ball falling on the line is regarded as falling inside the court.

RULE 12. In a four-handed game, the side serving first is allowed but one service at the commencement of the game. After the first service each side is allowed two consecutive services, the two partners alternating in turn. The server's partner must stand in one of the "partners' boxes" until the ball strikes the service wall on each service. In a three-handed game the single player shall have every alternate service.

RULE 13. If the ball, when served, strikes the server or his partner, it retires the server. If it strikes the receiver or receiver's partner, before or after bouncing, it becomes non-playable and counts a point for the server. If the ball in play strikes a partner it shall count against such player; if it strikes an opponent it shall be a "hinder."

RULE 14. A *hinder* is—

(a) When the player is prevented by the proximity of a spectator from properly returning the ball.

(b) When a player interferes with another in such a manner as to prevent him from properly returning the ball.

(c) When the ball strikes any apparatus within the court lines and such apparatus is not higher than the service wall. A hinder shall count nothing.

(d) When a ball being returned strikes an opponent.

RULE 15. The use of the foot is debarred. Only one hand at a time may be used in striking the ball, and it may be struck but once on the return. Violation of this rule shall count against the player so doing.

RULE 16. The officials shall be a referee, scorer, and linesman.

(a) The *Referee* shall decide all questions pertaining to the serving of the ball and its return, and shall be judge of hinders and faults, and shall decide all questions not covered in these rules. His decision shall be final on all questions.

(b) The *Scorer* shall keep a correct record of the points made and shall keep the contestants informed as to the progress of the game.

(c) The *Linesman* shall decide when the ball is in or out of court, and report to the referee.

Revised by a Committee of the Physical Directors' Conference at Thousand Island Park, June, 1900.

FOUR WALL COURT.

Court.—The official Young Men's Christian Association four wall hand-ball court shall measure 40 feet long, 20 feet wide and 18 feet high. The rear wall shall be 10 feet high, the spectators' gallery extending backward above that height. All surfaces shall be smooth and without projections or depressions of any description.

Ball.—The Irish Black Ace shall be the regulation ball.

Game.—The game shall consist of 21 points and may be played by two, three or four persons.

RULE 1. The choice for the right to serve shall be decided by toss.

RULE 2. The player serving the ball shall be termed the server, and the player to whom the ball is served the receiver.

RULE 3. At the end of the first service, the server shall become the receiver, and the receiver the server, and so on alternately, in all subsequent services of the game.

RULE 4. The ball must be served from behind the service line within the court. On the service the ball must be struck from a bounce behind the service line, hit the service (front) wall first and then must not strike the floor until it has passed beyond the service line. (The ball after striking the front wall may strike either the side wall or ceiling before passing over the service line.)

RULE 5. A point is made by the server when he sends a ball to any part of the outer court beyond the service line, and it is not returned to the front wall by the receiver. A returned ball must always strike the front wall before striking the floor. A service ball may be recovered either on the fly or first

SERVICE WALL 18 FEET HIGH

20 FEET WIDE

INNER COURT

SERVICE LINE

PARTNER'S
BOX

3 FEET

3 FEET

PARTNER'S
BOX

3 FEET

3 FEET

OUTER COURT

10 FEET HIGH

BACK LINE

SIDE LINES—40 FEET

SIDE LINES—40 FEET

bounce after passing over the service line. If the ball is properly returned to the front wall by the receiver the server must recover it, either on the fly or the first bounce from floor of either court; if he fails the hand is out and the receiver becomes server. It is allowable to serve at either side of the court, but always behind the service line. Stepping beyond the service line twice in succession, or hitting either side wall, ceiling or floor before striking the front wall, or serving two short balls in succession shall cause the loss of a hand. Only the side serving scores.

RULE 6. If in attempting to serve the server fails to strike the ball he loses his service.

RULE 7. A ball falling on the service line is good.

RULE 8. A fault is a ball not served over the service line, or a ball served over the back or side lines. Two consecutive faults shall retire the server. A fault may be played or not at the receiver's discretion, but not after being called.

RULE 9. In a four-handed game, the side serving is allowed but one service at the commencement of the game. After the first service, each side is allowed two consecutive services, the two partners alternating in turn. The server's partner must stand in the outer court with his back to either right or left wall until the ball strikes the service wall on each service. In a three-handed game the single player shall have every alternate service if he is playing against the other two. If individual scores are kept the players succeed one another in regular order in serving the ball.

RULE 10. If the ball, when served, strikes the server or his partner, it retires the server. If it strikes the receiver or receiver's partner, before or after bouncing, it becomes non-playable and counts a point for the server. If the ball in play, while being returned by a player, strikes an opponent it shall be played over, but if it strikes a partner it shall count against him. If said ball in play be returned from the front wall and strikes any player it shall count against him.

RULE 11. A player shall not intentionally or unintentionally interfere with an opponent returning the ball. Any interference shall be considered a hindrance and the ball is to be served over.

RULE 12. The loser in any game to have first serve in succeeding game.

RULE 13. A *hinder* is—

(a) When the player is prevented by the proximity of a spectator from properly returning the ball.

- (b) When a player interferes with another in such a manner as to prevent him from properly returning the ball.
- (c) When the ball strikes any apparatus within the court lines and such apparatus is not higher than the service wall. A hinder shall count nothing.

RULE 14. The official shall be a referee and a scorer.

- (a) The referee shall decide all questions pertaining to the serving of the ball and its return, and shall be judge of hindering and faults, and shall decide all questions not covered in these rules. His decision shall be final on all questions. He shall also decide when the ball is in or out of court.
- (b) The scorer shall keep a correct record of the points made and shall keep the contestants informed as to the progress of the game.
- (c) The linesman shall determine when the ball is in or out of court and report to the referee.

Adopted by Physical Directors' Society, Asilomar, Cal., May, 1915.

Wrestling Rules

CATCH-AS-CATCH-CAN.

SECTION 1. In all wrestling competitions the ring shall not be less than 16 feet nor more than 24 feet square, and shall be formed of posts and ropes, the latter extending in triple lines, 2, 3 and 4 feet from the floor of the ring. The floor of the ring shall extend beyond the lower rope for a distance of not less than 2 feet. Posts must be properly padded and padding on floor shall be not less than one-half inch in thickness.

SEC. 2. Competitors must wrestle in regulation trunks and may wear light slippers or rubbers without heels.

SEC. 3. Classes to be: 108 lbs. and under; 115 lbs. and under; 125 lbs. and under; 135 lbs. and under; 145 lbs. and under; 158 lbs. and under; 175 lbs. and under; and over 175 lbs.

SEC. 4. Any athlete who weighs in and then fails to compete without an excuse satisfactory to the Registration Committee shall be suspended for a period of six months. Competitors shall weigh in within three hours of a contest. Weighing-in shall cease in each class when the drawing for bouts in that class commences. Competitors shall sign their names to a weighing list upon weighing in and whenever demanded by the Referee.

SEC. 5. The Wrestling Committee shall prepare an official list of competent wrestling officials to serve as Referees, Weighers, Timers, Announcers, and Clerks of Wrestling. All tournaments must be conducted by officials selected from this official list.

SEC. 6. A fall shall terminate the bout and in no case shall the duration of a preliminary bout exceed 10 minutes. A fall shall terminate the final bout which in no case shall exceed 15 minutes. If no fall has been obtained by each contestant at the termination of the bout, the Referee must award the bout to the competitor who shows the best qualities, or who has acted mostly upon the aggressive.

SEC. 7. Both shoulders shall be pinned on the floor at the same time to constitute a fall. Any hold, grip, lock or trip allowed except the hammer-lock, strangle, full Nelson and toe holds. Striking, kicking, gouging, hair pulling, butting, strangling, or anything that endangers life or limb will not be allowed.

SEC. 8. Immediately before the contest, competitors who have weighed in shall draw numbers to determine the bouts they take part in. The drawing to be as follows: Have the first preliminary round to reduce the number of competitors to 2, 4, 8, 16, and so on. (*Thus, if there are three competitors, have one preliminary bout to reduce to two. If five, have one bout to reduce to four; if six, have two bouts to reduce to four; if seven, have three bouts to reduce to four; if nine, have one bout to reduce to eight; if ten, have two bouts to reduce to eight; if eleven, have three bouts to reduce to eight, and so on.*) In all drawings where numbers 1, 2, 3, 4 and so on are drawn, number 1 competes with number 2; 3 with 4, and so on. When the class is brought to a multiple of 2, 4, 8 or 16, the drawing proceeds regularly to the final bout. The winner of this final bout receives first prize and the loser receives second prize.

SEC. 9. Each competitor shall be entitled to the assistance of two seconds only, and no advice or coaching shall be given to any competitor by either of his seconds, or by any other person during the progress of any bout. For a violation of this section, the Referee may disqualify the competitor who is so advised or coached.

SEC. 10. If a competitor refuses to break any hold when so ordered by the Referee, he may be disqualified by the Referee.

SEC. 11. The Referee shall have full control of the competition and his decision shall be final and without appeal.

SEC. 12. No bandages of any kind shall be used on hands, arms or head.

SEC. 13. Any athlete who competes in a wrestling contest of longer duration than provided for in these rules shall be suspended for such period as the Registration Committee shall decide.

SEC. 14. In the event of any question arising not provided for in these rules, the Referee shall have full power to decide such question and also interpret these rules.

Indoor Hockey Rules

BY JOHN H. SCOTT, Brooklyn, N. Y.

In Brooklyn they like this game because it is informal. The following are the only rules. They are unique as rules, but their informality is provocative of good cheer:

1. Don't hit the other fellow's shins any harder than you want him to hit yours.

2. It isn't fair to shoot a goal by getting all of your team in front of the opponents' goal and crowding the puck through in a scrimmage, so that the goal won't count if it is made.

3. If you lift the puck you're apt to hit some player in the eye, so keep it on the floor. The goal is only six feet wide and twelve inches high, and lifting the puck will shoot it over the goal and not in it, so don't do it.

4. When the puck goes out of bounds, get it if you can, but if your side knocked it out, the other fellow should have it, so let him. Shoot it in at right angles with the side line.

5. It isn't good sportsmanship, nor does it show much ability, for a player to loaf in front of an opponent's goal waiting for some one to pass it to him to shoot in. Keep on the move and don't try such loafing, for it won't count anything.

6. Face off in the center at the beginning of the game and after goals have been made, like you do in ice hockey.

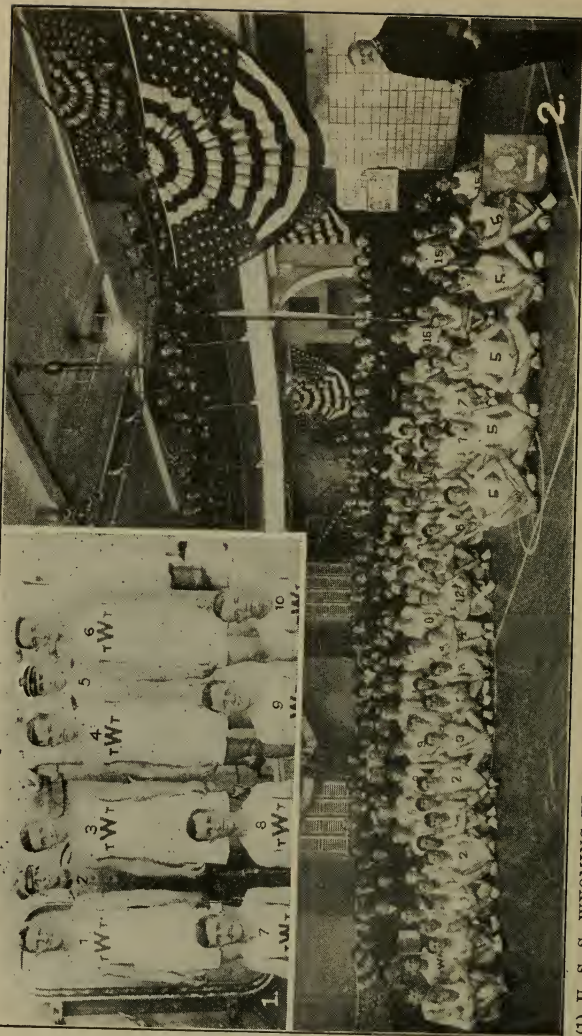
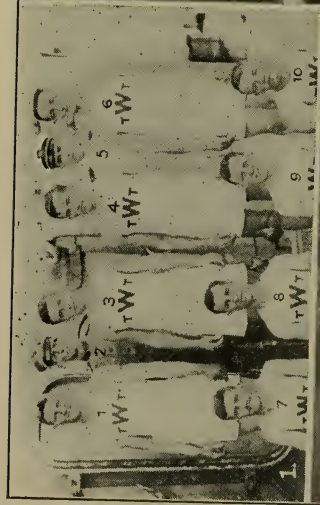
7. The referee is the boss, and if you don't obey him you can sit on the side line and watch the other fellows have the fun.

8. The referee will place one man—an impartial one, of course—at each goal, and these goal judges will decide whether the goal has been made. In order to make a goal the puck must hit the board on the back of the goal.

9. Play as long as the physical director will let you. He knows best.

10. The game is to provide physical recreation and exercise and a chance to be a "kid." Every fellow is on his honor and is expected to be a good sportsman. Keep your mouth shut and play the game. If you want to manage a team or be an official tell the physical director, but don't try to play and manage or officiate at the same time, for it won't work.

11. The puck is made of leather $3\frac{1}{2}$ inches in diameter and 1 inch thick, three or four disks of harness leather being put together with a copper rivet in the center.



(1) U. S. S. WYOMING TRACK TEAM—1, Hendricks; 2, Capt. Kilgore, U.S.M.C., Ath. Officer; 3, Rounsper; 4, Cutrer; 5, Ensign Cassard, U.S.N., in charge of Team; 6, Heck; 7, Vetterick; 8, Hines; 9, Valentine; 10, Dillman. (2) INTER-DIVISION ATHLETIC MEET U. S. S. WYOMING Y.M.C.A. Captain Glennon, U. S. Navy Commander, presenting Y.M.C.A. trophy to winning division, Nov. 30, 1914.

Army and Navy Notes and Records

Judging from the increasing popularity of track and field sports in the Army and Navy, this branch of athletics has secured a permanent place on the program of indoor and outdoor sports for the officers and enlisted men in both branches of the service.

An extensive athletic schedule is conducted at Guantanamo, Cuba, when the ships are there for fleet maneuvers and during the docking periods at the various Navy Yards, and it is at this latter time the Navy Young Men's Christian Associations are called upon to run off the major part of the events.

At the forts and Marine Barracks the influence of the Army and Navy Young Men's Christian Association is being felt. In several instances teams have given up Sunday ball in order that they might secure the coaching of the Association Physical Director.

Up to a few years ago athletics were accepted only by the "star" men, but it seems as though the Association's idea of "athletics for the mass" is winning its way into the Army and Navy, and to-day it is not an unusual sight to witness one hundred or more men from the one ship competing at the same time. The degree of efficiency these men have reached may be judged by the following records:

Event	Outdoor	Indoor	Name	Rank or Rate	Station	Association
20 Yards Dash.		2 3-5s.	H. Orchard	GM 3c	Torpedo Sta.	Newport
40 Yards Dash.		4 3-5s.	H. Orchard	GM 3c	Torpedo Sta.	Newport
50 Yards Dash.	5 1-5s.	6s.	R. H. Ashley	Sgt.	Fort Adams	Newport
50 Yards Dash.		9 1-5s.	A. J. Conner	Sgt.	Fort Adams	Newport
75 Yards Dash.			F. E. Newton	Elc 1c	U. S. S. Wyoming	Brooklyn
100 Yards Dash.	10 1-5s.		Toner		U. S. S. Kansas	Newport
			{ F. E. Newton	Elc 1c	U. S. S. Wyoming	Brooklyn
100 Yards Dash.		11 4-5s.	{ R. H. Ashley	Sgt.	Fort Adams	Brooklyn
			{ J. Guy	Mus 1c	U. S. S. Mayflower	Newport
220 Yards Dash.	25 1-5s.		E. Mosher		20th Rec. Co.	Newport
			{ F. W. Heck	Elc 3c	U. S. S. Wyoming	San Francisco
			{ W. Gillis	MM 1c	U. S. S. Wyoming	Brooklyn
220 Yards Dash.		27s.	{ C. F. Lofgren	Chf Yeo	U. S. S. Arkansas	Brooklyn
			{ J. E. Jocoy	Elc 2c	U. S. S. Arkansas	Brooklyn
			{ O. A. Chanler	GM 1c	U. S. S. Arkansas	Brooklyn
440 Yards Dash.	55 1-5s.		E. W. Farren		U. S. S. Glacier	San Francisco
440 Yards Dash.		58s.	J. E. Jocoy	Elc 2c	U. S. S. Arkansas	Brooklyn
880 Yards Run.	2m. 3 1-5s.		L. Aggers	MAA 2c	Training Sta.	Newport
880 Yards Run.		2 m. 10 4-5s.	S. S. Sehrring	Musc	Fort Adams	Newport

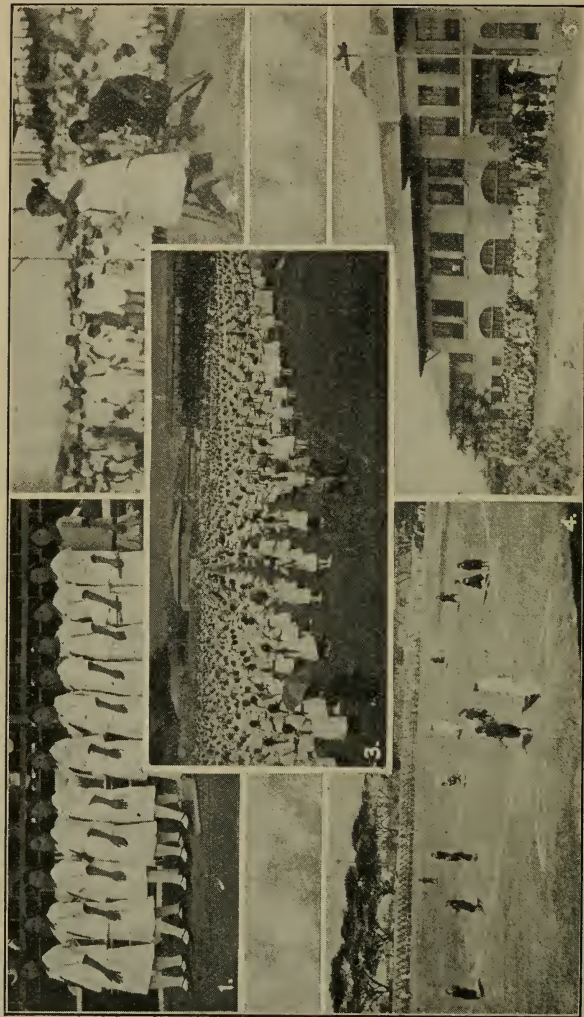
ARMY AND NAVY—CONTINUED.

Event	Outdoor	Indoor	Name	Rank or Rate	Station	Association
One Mile Run.....	4m. 56s.	4m. 40 2-5s.	R. Nye	C. G. M.	Torpedo Sta.	Newport
One Mile Run.....			F. V. McNair	Lieut.	Torpedo Sta.	Newport
Three Quarter Mile Run.....		3m. 53 1-5s.	W. J. McDonald	OS	U. S. S. North Dakota	Brooklyn
Two Mile Run.....	10m. 53 4-5s.	10m. 10 2-5s.	J. Nehar	OS	8th Rec. Co.	San Francisco
Five Mile Run.....	29m. 47 1-5s.	4m. 7s.	W. J. McDonald	GM 3c	U. S. S. North Dakota	Brooklyn
Mile Relay (4 men) .			Turner, Chanler, Warren, Halladay and Spadone		Torpedo Sta.	Newport
Two Mile Relay (4 men)		8m. 13s.	Oswald, Godboat, Sehring and Orchard		U. S. S. Utah	Brooklyn
440 Yards Walk.....	8m. 37s.	2m. 6 2-5s.	J. M. Mellick	OP	Torpedo Sta.	Newport
One Mile Walk.....	20s.		Nelson		Fort Adams	Newport
120 Yards Hurdles...	25 1-5s.		P. O. Ogden		Training Sta.	San Francisco
220 Yards Hurdles...			E. Mosher		3rd Rec. Co.	San Francisco
440 Yds. Potato Race		1m. 40 1-5s.	R. H. Ashley	Sgt.	20th Rec. Co.	San Francisco
Eight (8) Potato Race		34 2-5s.	G. F. Silvia	OS	Fort Adams	Newport
60 Yds. Potato Race		13 1-5s.	A. J. Conner	Sgt.	U. S. S. Arkansas	Brooklyn
220 Yards Potato Race		59 2-5s.	R. E. Hines	Ele 1c	Fort Adams	Newport
Standing Broad Jump	10ft. 4in.		Drain	C. T. C.	U. S. S. Wyoming	Brooklyn
Two Standing Broad Jumps.....		10ft. 2in.	R. G. Klein	GM 3c	Torpedo Sta.	Newport
Three Standing Broad Jumps.....	30ft. 4in.	19ft. 5in.	C. V. Neal	Yeo 2c	U. S. S. North Dakota	Brooklyn
Three Standing Broad Jumps.....			Wolf		U. S. S. Connecticut	Newport
Standing High Jump		30ft. 11in.	R. Behil	Cpl.	Torpedo Sta.	Newport
		4ft. 6in.	{ R. G. Klein	GM 3c	Torpedo Sta.	Newport
			{ S. L. Eckerd	MM 2c	U. S. S. Arkansas	Brooklyn
			Martin	Pvt.	Fort Adams	Newport
		23ft.	Dick	Pvt.	Fort Adams	Newport
Standing Hop, Step and Jump.....	27ft. 4in.	30ft. 7in.	J. R. Tippet	HA 1c	Co. C; 30th Inf.	San Francisco
Running Hop, Step and Jump.....	38ft. 9in.	5ft. 6 1-4in.	R. Winter	F 1c	U. S. S. Solace	Newport
Running High Jump	5ft. 7in.		Seaver	Mus 1c	U. S. S. Wyoming	Newport
Running Broad Jump	20ft.	18ft. 7 3-4in.	L. E. Van Zile	Ensign	U. S. S. Utah	Brooklyn
Running High Dive.		5ft. 3in.	Miller	Ele 2c	U. S. S. New Jersey	Newport
Running High Jump from Springboard.		7ft. 2in.	J. E. Jocoy	Cox	U. S. S. Arkansas	Brooklyn
			F. A. Rauscher		Torpedo Sta.	Newport
			Slade	HA 1c	U. S. S. Mississippi	Newport

Event	Outdoor	Indoor	Name	Rank or Rate	Station	Association
Pole Vault.....	{ 9ft. 7in. 132ft.	9ft.	Leonard	Ensign	U. S. S. Kansas	Newport
Javelin Throw.....		8ft. 5in.	R. Nye	C. G. M.	Torpedo Sta.	Newport
High Kick.....		8ft. 3in.	P. O. Orden		3rd Rec. Co.	San Francisco
Hitch and Kick.....		8ft. 9in.	G. F. Silvia	OS	U. S. S. Arkansas	Brooklyn
Fence Vault.....		6ft. 9in.	G. Bienert	Cpl	Fort Adams	Newport
Rope Climb (18 ft)..		4 3-5 s.	S. L. Eckerd	MM 2c	U. S. S. Arkansas	Brooklyn
Ring Vault.....		11ft. 2in.	A. J. Conner	Sgt	Fort Adams	Newport
Pull Ups.....		42 times	E. Gunther	Torpedoman	U. S. S. Benham	Brooklyn
Putting 8-lb Shot...		55ft. 1in.	L. E. Auger	HA 1c	U. S. S. Delaware	Newport
Putting 12-lb Shot..		47ft. 5in.	W. F. Wilkie	Sgt	Fort Adams	Newport
Putting 16-lb. Shot..			S. L. Eckerd	Sgt	Fort Adams	Brooklyn
16-lb. Hammer.....	37ft. 9in. 103ft. 4in. 103ft. 2in.		J. L. Albrocht	MM 2c	U. S. S. Arkansas	San Francisco
Discus.....			C. Barnes		Co. I, 30th Co. 17th Rec. Co.	San Francisco

SWIMMING RECORDS ;

25 Yards Swim.....	12 2-5s.	J. B. Thompson	Sea	U. S. S. North Dakota	Brooklyn
50 Yards Swim.....	27 2-5s.	J. B. Thompson	Sea	U. S. S. North Dakota	Brooklyn
75 Yards Swim.....	46s.	J. B. Thompson	Sea	U. S. S. North Dakota	Brooklyn
100 Yards Swim.....		J. B. Thompson	Sea	U. S. S. North Dakota	Brooklyn
220 Yards Swim.....	2m. 47s.	E. H. Wood	Sea	U. S. S. North Dakota	Brooklyn
440 Yards Swim.....	6m. 6s.	E. H. Wood	Yeo 2c	U. S. S. Vermont	Brooklyn
880 Yards Swim.....	13m. 12 2-5s.	E. H. Wood	Yeo 2c	U. S. S. Vermont	Brooklyn
Swim Under Water..	220ft.	A. W. Spedding	Landsman	U. S. N. Elec. School	Brooklyn
Flunge.....	44ft. (11 2-5s.)	E. R. Stephenson	C. G. M.	U. S. Submarine G-1	Brooklyn



1, Tepas indoor base ball team. 2, Indoor base ball for girls—A "bunt." 3, Playground Day—Three thousand school children in calisthenic drill, held in connection with the Filipino Amateur Athletic Federation Annual championships. 4, Indoor base ball—Meisic vs. Misamis. 5, Visiting provincial athletes who were housed in the new Filipino Student Y. M. C. A. building.

MANILA, PHILIPPINE ISLANDS.

School Athletics

DR. JOHN BROWN, JR.

The following classification of athletic events for Grammar and High School students has been used successfully in all parts of the country.

These tests can be adapted to the use of Boys Clubs, Scouts, Churches and Sunday School Classes in all sorts of ways.

SCORING TABLE.

80-lb. Class.			
WEIGHT CLASSES.	0 POINTS.	HONOR STANDARD.	100 POINTS. SCORING.
50 yard dash.....	10 seconds	8 seconds	6 seconds
Standing broad jump.....	3ft. 5in.	5ft. 6in.	7ft. 7in.
Running broad jump.....	5ft. 10in.	10ft.	14ft. 2in.
Baseball throw	70ft.	120ft.	170ft.
95-lb. Class.			
75 yard dash.....	13 seconds	11 seconds	9 seconds
Standing broad jump.....	3ft. 11in.	6ft.	8ft. 1in.
Running broad jump.....	6ft. 10in.	11ft.	15ft. 2in.
Baseball throw	100ft.	150ft.	200ft.
110-lb. Class.			
100 yard dash.....	16 seconds	14 seconds	12 seconds
Standing broad jump.....	4ft. 5in.	6ft. 6in.	8ft. 7in.
Running broad jump.....	7ft. 10in.	12ft.	16ft. 2in.
Running high jump.....	2ft. 8½in.	3ft. 9in.	4ft. 9½in.
Baseball throw	130ft.	180ft.	230ft.
125-lb. Class.			
100 yard dash.....	15 seconds	13 seconds	11 seconds
Standing broad jump.....	4ft. 11in.	7ft.	9ft. 1in.
Running broad jump.....	8ft. 10in.	13ft.	17ft. 2in.
Running high jump.....	2ft. 11½in.	4ft.	5ft. ½in.
Baseball throw	145ft.	195ft.	245ft.
Putting 8-lb. shot.....	15ft. 6in.	28ft.	40ft. 6in.
Unlimited Class.			
100 yard dash.....	14 seconds	12 seconds	10 seconds
Standing broad jump.....	5ft. 5in.	7ft. 6in.	9 ft. 7in.
Running broad jump.....	9ft. 10in.	14ft.	18ft. 2in.
Running high jump.....	3ft. 3½in.	4ft. 4in.	5ft. 4½in.
Baseball throw	160ft.	210ft.	260ft.
Putting 8-lb. shot.....	22ft. 6in.	35ft.	47ft. 6in.

Points shall be scored on the following basis:

All dashes, for every 1-5 second better than the minimum..... = 5 points
 Standing broad jump, for every inch better than the minimum..... = 2 points
 Running broad jump, for every inch better than the minimum..... = 1 point
 Running high jump, for every inch better than the minimum..... = 4 points
 Baseball throw, for every 1 foot better than the minimum..... = 1 point
 Putting 8-lb. shot, for every 3 inches better than the minimum..... = 1 point



1, Calisthenics, Nanking, China. 2, Games with medicine ball, that went over on the "Minnesota," Nanking, China. 3, Part of the crowd, Nanking, China. 4, Playing Soccer with bamboo ball, Nanking, China.

High School Athletic Test

There is general dissatisfaction all over the country with the present form of High School athletic meets. This is particularly true where the High Schools vary greatly in the enrollment of students. Even where conditions are most favorable but little progress has been made. In many instances the results have been so unsatisfactory that the annual interscholastic contest has been discontinued.

In an attempt to work out something especially adapted to the High Schools and which would meet their needs in the same way that the foregoing Test has met the needs of the one-room and larger grade schools, the details of a better plan of High School athletic meet are here given. The object is to encourage larger participation in athletics, and while giving opportunity for those who excel to demonstrate their superior ability, at the same time to limit their specialization and develop all-round athletic ability. The plan also recognizes the inequality in size of the different schools and provides a fair basis of comparison despite this inequality in numbers.

SELECTION OF EVENTS.

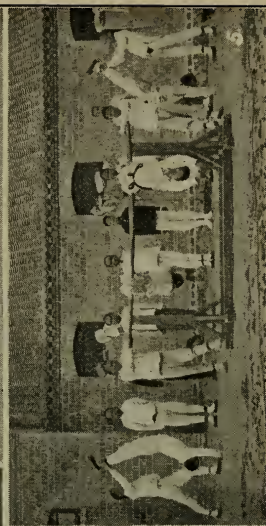
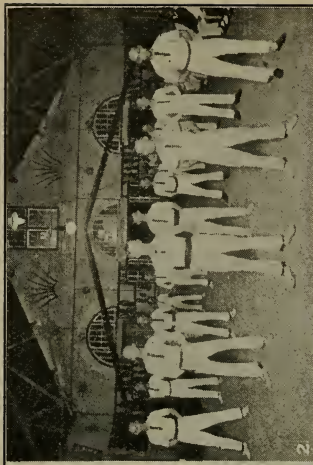
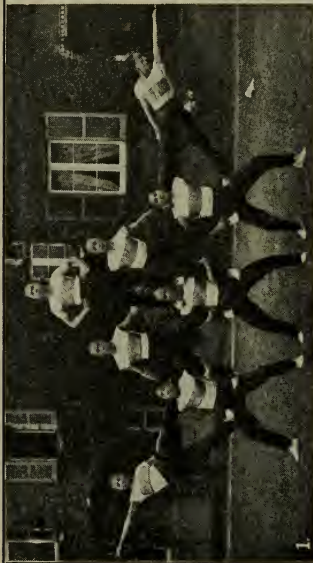
These are chosen because of their interest to the average High School fellows and include all of the standard events. Under ordinary circumstances the first twelve events suggested will prove most satisfactory. Where there is particular interest in the four remaining events, they may be added to the group indicated or substituted for one of the events in that group. Unless all the schools represented have equipment for practicing the pole vault and hurdles, they should be omitted. The eight-pound shot is to be preferred to the twelve-pound shot as it is conducive to better form. The twelve-pound hammer is a risky event where many children are among the spectators.

GROUPING OF EVENTS.

The events are divided into four groups: A, sprints; B, runs; C, jumps, and D, throwing and weight events. A contestant is not allowed to compete in more than one event in any group.

BASIS OF SCHOOL REPRESENTATION.

Depending upon the enrollment of students in the different schools, each school is assigned the number of contestants which it shall enter in each of the events. This number is the same for all of the events, but will differ according to the size of the school. The number of contestants may be assigned on a percentage basis. For example, if a school has twenty boys, it may be requested to enter two boys in each event. Another school with forty boys may be asked to enter four boys in each event, while a third school having eighty boys may be asked to enter eight boys in each event. Where the athletic interest or ability of the boys in the different schools is not in proportion to the size of the schools, the committee in charge may use its judgment in arbitrarily determining the number of contestants which each school shall enter.



1. The National Staff, 1913, China-National. 2, Business Men's Gymnasium Class, Hong Kong, China. 3, Pole Vault, 9 ft. 6 in., Annual Field Day, Tientsin, China. 4, Y. M. C. A. sports, Hankow, China; finish of the 120-yard hurdle race. 5, Class in Callisthenics, Shantung College, China.

INTER HIGH SCHOOL ATHLETIC MEET

Events and Scoring Table

	0 Points	50 Points	100 Points	Basis of Scoring
<i>Group A—Sprints</i>				
1—100 Yards.....	14 3/5 Sec.	12 3/5 Sec.	10 3/5 Sec.	1/5 S. = 5 pts.
2—220 Yards.....	29 Sec.	26 2/5 Sec.	24 Sec.	1/5 S. = 4 pts.
3—440 Yards.....	65 Sec.	60 Sec.	55 Sec.	1/5 S. = 2 pts.
<i>Group B—Runs</i>				
4—880 Yards.....	3 M. 5 S.	2 M. 40 S.	2 M. 15 S.	1 S. = 2 pts.
5—1 Mile.....	6 M. 50 S.	6 M.	5 M. 10 S.	1 S. = 1 pt.
6—2 Miles.....	14 M. 20 S.	12 M. 40 S.	11 M.	2 S. = 1 pt.
<i>Group C—Jumps</i>				
7—R. High Jump....	3' 3 1/2"	4' 4"	5' 4 1/2"	1 in. = 4 pts.
8—R. Broad Jump....	9' 10"	14'	18' 2"	1 in. = 1 pt.
9—R. Hop, Step and Jump.....	21' 8"	30'	38' 4"	2 in. = 1 pt.
<i>Group D—Throwing and Wts.</i>				
10—Base Ball Throw..	175 Feet	225 Feet	275 Feet	1 ft. = 1 pt.
11—8-lb. Shot Put....	20 Feet	32' 6"	45 Feet	1 ft. = 4 pts.
12—Discus Throw....	50 Feet	75 Feet	100 Feet	1 ft. = 2 pts.
<i>Alternates or Additions</i>				
Pole Vault (Group C)..	4' 10"	6' 11"	9 Feet	1 in. = 2 pts.
120 Yd. Hurdle (Group C).....	26 Sec.	22 Sec.	18 Sec.	1/5 S. = 2 1/2 pts.
12-lb. Shot (Group D)..	15 Feet	27' 6"	40 Feet	1 ft. = 4 pts.
12-lb. Hammer (Group D).....	50 Feet	75 Feet	100 Feet	1 ft. = 2 pts.

EVERY SCHOOL REPRESENTED IN EVERY EVENT.

The points made by the representatives of the various schools count in making up the respective school scores. No special points are given to the first, second or third boys in each event, but all contestants are given whatever points they are entitled to according to the scoring table. Of course the first boy will score more points than the second or third, but one of the principal advantages of this system is that the boys who may be fifth, eighth or last also score points for their school. In this way every boy's record counts toward the school standing and every boy is encouraged to do his best, even if he cannot be first, second or third. This method of scoring also enables a school which may not have any outstanding star athletes to make a good record if it is represented by a goodly number of athletes of average ability in all of the different events.

DETERMINING EACH SCHOOL'S RECORD.

The record of each school is determined by totaling the number of points made by its representatives in the various events and dividing this total by the number of representatives which were assigned to that school. The total is not divided by the number of boys who participated necessarily. For instance, if a school which is expected to enter three boys only enters two boys in one event, the total points made by the two boys is divided not by two but by three.

While the foregoing is definitely planned to meet the needs of a centralized inter-school athletic contest, the same events and classification of events and scoring table can be adapted to the use of local school tests and inter-class competition.

How to Train for Track and Field Athletics

GEORGE W. BRADEN, Central Y.M.C.A., Philadelphia.

SPRINTING—100 YARDS AND 220 YARDS.

GENERAL NOTES.

- a. By sprint or dash we mean those distances that a runner can cover at top speed.
- b. The usual distances covered are the 100 and 220 yards.
- c. Sprinting ability depends more on the *nervous make-up* than upon build.
- d. The majority of sprinters are of lithe type with good thighs and medium calves.
- e. The most important part of a sprint is the start and first 30 yards. Dig holes at right angles to push.
- f. Short men usually lack staying power while tall men lack starting ability.
- g. Some sprinters find cork hand grips of service, although they are not used as much as formerly.
For costume have a snug flexible shirt, fly front pants cut well above the knee, good fitting jock, and two pairs of shoes, a practice pair and a lighter racing pair.

FORM.

- a. Use the crouch start with forward foot about 3 inches back of scratch line; back foot, knee width to side and placed so that knee is midway on the forward foot. Hands are on scratch line with fingers extended.
- b. On signal get set; the weight is moved forward and partly supported by the arms which are slightly flexed. Legs should not be extended too much, but so that acromium processes and great trochanters are on horizontal line.
- c. Do not reach on your first stride but assume the upright position gradually at about fifth stride.
- d. The arms are of great service in the start and both should never be thrown either forward or back. Starting with left foot advanced, swing left arm forward and right back to horizontal plane.
- e. Proper control of breathing is important. On signal get set, inhale deeply so as to fix thorax.
- f. In the stride have eyes on the finish, body inclined slightly forward, knees lifted well up to height of midway on opposite thigh. Up and down motion as nearly as possible in antero posterior plane. Toes straight ahead. Careful not to curl instep. Run parallel to line drawn at right angles to finish line. Arms are nearly half flexed at end of forward swing, and should swing forward and back and not across the body.
- g. In breasting tape throw arms half flexed to horizontal. Do not jump at the tape.

PRACTICE.

Monday—Three starts; 220 jog and reach; 75 yards top speed.

Tuesday—Three starts; 440 jog and reach; 100 yards.

Wednesday—Three 50's with rests between; 75 yards top speed.

Thursday—Three starts; 300 yards jog; rest; 150 yards.

Friday—Three starts; 100 yards top speed; 220 top speed.

Saturday—220 jog and reach; 75 yards.

Note: If your man lacks speed, add more starts and 75 yards. If he needs stay, add more 300 yards.

440 YARDS.

GENERAL NOTES.

- a. Quarter mile requires both speed and endurance, but is practically a sprint.
- b. The first hundred yards is run at almost top speed; then there is a slight easing up, and last seventy-five is run at top speed.
- c. More *distance* is covered in the general practice than in the sprints, although much time must be given to starting and sprinting.
- d. On a curved track, great care should be used to get well placed at the pole.
- e. Length of stride is of great importance and knees are lifted high.
- f. Quarter milers are usually men above medium height and of lithe type, but not always.
- g. Costume same as for sprints.
- h. Precede spring work with gym and some cross-country running.

FORM.

- a. Crouch start as for 100 and 220.
- b. Do not throw head too far back.
- c. Body is inclined slightly forward; knees are carried high and move up and down in antero posterior plane.
- d. The stride is long and springy, but not exaggerated.
- e. Never look back; eyes straight ahead.
- f. Arms a little straighter than in sprints and move forward and back, and not across body.
- g. Do not fling heels back too high.

PRACTICE.

Monday—Half mile jog; rest: 300 yards top speed.
 Tuesday—Three starts; 220 yards at fair speed.
 Wednesday—Three 35-yard sprints; 600 yards, easy.
 Thursday—Three starts; jog 220; 100 at top speed.
 Friday—Jog 300 yards; 440 for time.
 Saturday—Three 35 yards; 600 at easy pace.

880 YARDS.

GENERAL NOTES.

- a. While speed is of importance in the half, it is of less importance than in the sprints and endurance is an absolute necessity.
- b. Precede the regular spring work with good season of gym work and cross-country.
- c. A long easy stride is of great advantage, and half milers are usually above medium height.
- d. The first quarter should be covered a little faster than the second, and same speed reserved for the last 100 yards.
- e. In the half at 1 m. 52 4-5s, S. E. Lunghi covered the first quarter in 52 4-5s.
- f. While form is of great importance, endurance is the main thing, as some men make good time with a poor show of form.

FORM.

- a. Head and body are inclined farther forward than in the sprints.
- b. Knees are not lifted as high as in sprints and heels swing high in back.
- c. Toes point straight ahead, and instep should not be curved.
- d. While a long easy stride is important, do not exaggerate the stride. Be comfortable.
- e. Breathe easily through the mouth and do not tighten up the chest by throwing the head back or tensing muscles of chest and arms.

PRACTICE.

Monday—Two 75 yards; 600 yards at good speed.

Tuesday—Jog through a 440; 880 with last 220 fast.

Wednesday—Two 100 yards; rest 600 yards at good speed.

Thursday—300 yards at top speed; rest; jog through 880 for form.

Friday—880 for time.

Saturday—Three 50 yards; easy 440 jog; 220 sprint.

ONE MILE RUN.

GENERAL NOTES.

- a. The mile is one of the hardest events in the list. Speed is of value, but endurance and determination are of the utmost importance.
- b. The heart and lungs should be put in good condition before the regular work begins by cross-country running.
- c. The knees are not lifted as high as in the sprints and heels swing up easily behind.
- d. A miler seldom does his best work until the third year.
- e. A miler must be a good judge of pace and not allow a decoy to lead him out.
- f. A man running in 4 minutes 40 seconds should do his first quarter in about 1 minute 8 seconds.
- g. Breathe through mouth, and do not tense the chest muscles and arms.

FORM.

- a. Head is carried easily forward; body is inclined farther forward than in the sprints but not so far as to interfere with the easy lift of knee.
- b. Heels swing up well in back about six inches above knee; toes are pointed straight ahead.
- c. Stride is long, springy and comfortable, and arms almost extended swing easily forward and back and not across the body.

PRACTICE.

Monday—Easy three-quarters; rest.

Tuesday—Jog through 440 for form; 880 at good clip.

Wednesday—Mile; first 880 easy; last 880 at good clip.

Thursday—660 yards; rest; lively 440.

Friday—Mile on time.

Saturday—880 jog for form; 2 miles. sprinting last 220.

TWO MILE.

Add more endurance work.

120 YARD HURDLES.

GENERAL NOTES.

- a. Old style of jumping and gliding over the hurdle with legs well flexed and in horizontal plane has changed to the stride over.
- b. Ten hurdles 3 feet 6 inches high are used. The first hurdle is 15 yards from the start, last 15 yards from the finish with 10 yards between each two.
- c. Each runner has a separate well-marked lane and a different set of hurdles.
- d. The hurdles should be made with reversible gate on iron rod.
- e. A long-legged man of more than medium height has a distinct advantage.
- f. Three strides should be made between hurdles. Sometimes a short-legged man takes four and takes the hurdles alternately.
- g. Use the crouch start, and if necessary to come right at first hurdle, start with right foot advanced, or change stride length.
- h. The first hurdle must be reached at top speed as momentum is gathered for full distance.

1. About fourteen feet is covered at each stride over the hurdle.
- j. A hurdler should never practice more than 3 times in a week. The other days will be spent in regular work on starts and sprints, with a little high jumping.
- k. If only three or four hurdles are covered in practice, the approach and finish should always be full 15 yards.
- l. If the shins begin to get a little sore, a couple of days' rest should be had.
- m. In practice use a light or well padded hurdle until form is perfected. Then use the standard hurdle.

FORM.

- a. Keep close to the ground in covering and bring down the feet as quickly as can be done and retain balance. Do not land with *foot too far under*.
- b. Stride over with as little lift of body as can be made and clear the buttocks of hurdle. The forward leg is swung up smartly, being only slightly flexed. The heel is as high as the hips, with leg swung a little to right; and landing made as near the hurdle as possible. The back leg is flexed rapidly, being nearly in the horizontal plane and with toe out so as not to trail the hurdle.
- c. The hips are tipped sharply to the left (or right) and body to the right (or left) enough to balance the action of legs. Chest square to front and in line with finish.
- d. Arms swing almost to side horizontal as the stride over is made and then brought quickly into position again.

PRACTICE.

Monday—Five flights at full speed; jog; 100-yard run.

Tuesday—Three starts; seven flights; 75-yard sprint.

Wednesday—Some starts; reaching exercise; do easy 220.

Thursday—Five flights twice; rest; jog a quarter.

Friday—120 at top speed.

Saturday—Three flights; five times, at full speed.

220 HURDLES.

GENERAL NOTES.

- a. Ten hurdles two feet six inches high, placed twenty yards from starting line and twenty yards from finish, with ten yards between each two.
- b. The lessened height of the hurdles makes the 220 more a race of sprinting ability, although the form in the stride over is of the utmost importance.
- c. Beginner will usually use nine strides between the hurdles. After some practice he will reduce it to eight, and finally, if legs are not too short, to seven.
- d. In practice use a light or padded hurdle until you get confidence.

FORM.

- a. Use the crouch start, and do not come up to the erect position too quickly, usually at about the fifth stride.
- b. If you reach the first hurdle with wrong foot in advance, change the position, and if necessary shorten or lengthen the stride a trifle.
- c. The first hurdle must be reached at top speed.
- d. The stride over is made with buttocks barely clearing hurdle and without any break either in taking off or landing.
- e. The forward leg is almost straight; body square to front, hips inclined to left (or right) and body slightly to right (or left).
- f. Landing is made as near to hurdle as possible, with trailing leg swinging forward in the horizontal plane and in position for stride.
- g. Do not keep the body in the air an instant longer than necessary. In coming over, incline body forward a little.

PRACTICE.

Monday—Three starts; five flights four times and full distances once at top speed.

Tuesday—Seven flights twice; a fast 100-yard sprint and some knee exercise.

Wednesday—Two starts and fifteen yards; practice from on light hurdle.

Thursday—Five flights once over; 220 sprint; jog a little.

Friday—220 hurdle on time; rest; five flights.

Saturday—Three starts; 150-yard sprint; knee exercise.

THE HIGH JUMP.

GENERAL NOTES.

1. There is no other event where there is such a diversity of form.
2. The old style was the side in and over in a sitting posture.
3. In the old style a great deal of the energy is wasted on account of the low position of buttocks in going over bar.
4. The right kind of a hip lurch will increase height by six inches.
5. Most men jump too much in practice and stiffen up the legs.
6. Do not practice from at a low height. Raise your practice height each week.
7. Most high jumpers are slender men of more than medium height.

FORM.

1. Take an accurate distance from the bar for your starting position.
2. Use a standing start, eight strides back from the bar.
3. Use the triple take-off system with the first four strides moderately fast.
4. The next to the last stride is shortened and body lowered for the spring.
5. The right foot should come on rear take-off.
6. Rear take-off is about six feet from right angles to the bar.
7. Swing up left leg smartly, follow with right, lurch hips forward, arms up and back, swing right leg under left and complete the $\frac{1}{2}$ right turn, landing on hands and feet.

PRACTICE.

1. Use jumping shoe with two spikes in heel and sponge rubber inside shoe.
2. Be sure the lighting pit is in good condition.
3. Practice jumping twice a week, with jogging and leg lift on other days.
4. Do not practice form at a low height.

RUNNING BROAD JUMP.

GENERAL NOTES.

1. A good broad jumper must have both speed and spring.
2. In the majority of cases the spring and proper height are sacrificed in the attempt for speed.
3. The majority of broad jumpers practice too much.
4. Wear a jumping shoe with a circle of sponge rubber in the heel.
5. In measuring distance for rear take-off, allowance must be made for wind, poor condition of runway, etc.
6. Use the triple take-off system, starting about 120 feet from the board.
7. Be sure the jumping pit is in good condition.
8. The distance from the scratch line should be tried again and again until the jumper is wholly confident of striking it.
9. The runway should be in good condition.

FORM.

1. Use crouch or standing start.
2. Starting with the rear take-off about 16 strides back, take the first six strides at a moderate pace until you reach the second take-off.

3. After making the second take-off with your jumping foot, come down at full speed.
4. If you jump *over* or *short* of jumping block, shift rear take-off forward or back.
5. The regular sprinting stride is used until the last two which are shortened slightly and body lowered for spring.
6. The forward leg is swung up smartly, followed by right.
7. Jump as high as shoulder.
8. Slightly shorten last stride.
9. Knees are raised as high as nipples midway in jump.
10. In landing throw the legs forward as far as possible.

POLE VAULT.

GENERAL NOTES.

1. Requires men of speed and agility.
2. Run must be made fast enough to secure sufficient momentum for the swing up.
3. Vaulters are men of medium height and weight.
4. The pole vault should be started about thirty minutes before the general program if the field is large, or put through in the morning.
5. In the old style the position of the hands remained the same through the entire action.
6. Some men prefer a blunt pole with spike removed.
7. A variety of poles are used; they are generally hollow, and of spruce or bamboo. Light men are now using the bamboo.
8. Poles should be properly wrapped with electric tape.
9. Runway should be in good condition; a cinder path is generally preferred.
10. Lighting pit of moist sand or tan bark.
11. Stop block should be 6 x 6 inches and 4 feet long firmly staked down.

FORM.

1. Unlike the high jump there is but one style used among good vaulters.
2. Use a rear and forward take-off. The rear take-off at about 90 feet and forward at about 50 feet. Run to first take-off at moderate speed, and top speed on down to the swing-up.
3. The forward take-off should be accurately reached with the jumping foot.
4. The pole is held with the ordinary combined grip, left hand over and right under. Left arm is flexed and about as high as nipples. Right arm extended.
5. The forward end of the pole is carried a pit higher than the head, not too high as it will take too long to drop.
6. In the approach the action of the legs is the same as in the sprints, except the last two strides which are a trifle low.
7. The height of the upper hand varies with the height of the bar.
8. As the pole is planted and before the weight comes on the arms, the left hand is moved up to the right.
9. The pole should not be planted too soon as the strain is liable to break it.
10. In leaving the ground the movement is a swing-up rather than an effort to jump. The arms and legs are flexed with force until above the horizontal plane, then the legs are extended with force and the arms are pushing instead of pulling. In the rise a $\frac{1}{2}$ left turn is made so that the body is front-in to the bar. When the pole is nearly vertical the hands are released and arms and shoulders thrown back to clear the bar.
11. In lighting an additional quarter turn is generally made and with side in, only a part of the weight comes on the legs.
12. A right-handed vaulter mounts from the left leg, and left-handed vice versa.

PRACTICE.

1. Alternate days for vaulting, with sprints and jumping.
2. Use chest weights to develop arms and shoulders.
3. Do not practice form at a low height; keep increasing the height.

12 AND 16 POUND SHOT-PUT.

GENERAL NOTES.

1. Put from a seven-foot iron ring sunk flush with the ground.
2. The shot shall be a metal sphere with a brass shell filled with lead with a covering of any material and the combined weight shall be not less than 16 pounds. In front portion of circle is a stop board four feet long and four inches high, with two six-inch spikes.
3. Good shot putters are men of heavy type, generally weighing 180 lbs. and over.
4. A greater variety of style is seen among good men than in any other event unless it is the high jump.
5. The shot put is one event where men are not apt to overtrain.
6. A good many make the mistake of thinking that all a shot man needs is beef. General training for speed and spring are always of service to a shot putter.

FORM.

1. Carry shot in the left hand until the feet are in correct position.
2. The starting position is with the right foot at back of circle, left side of body toward forward half. The free arm takes elevation of put. Free leg is slightly abducted. Weight is on the back leg, with body inclined a little rightward, never forward or back.
3. The shot is carried with fingers together, weight on knuckle joint. Hand at right angles to forward arm. Forearm takes line of put. Shot is carried close in to collar bone and elbow down and in.
4. Take the hop plenty high, landing on both feet, and make a rapid half left turn of body, with arm well back of body. Finish the turn to a forceful extension of the arm and shoulder.
5. The position at the finish of the hop is of vital importance.
6. At the completion of the put the right foot is against the forward side of ring.

12 AND 16 POUND HAMMER THROWS.

GENERAL NOTES.

1. A great mistake is made by some in imagining that power and weight are the only requisites needed in hammer throwing. There is no event which requires more skill than a throw with a double or triple turn.
2. The hammer is thrown from a seven-foot iron circle sunk flush with the ground. No stop board in front.
3. Hammers are generally of 12 or 16 lbs., the head of which shall be a metal sphere, consisting of a brass shell, filled with lead or cast gray iron. The weight includes the handle. Length over all shall not be more than four feet. The best hammer heads are ballbearing. Double handles should be used and should be made of single piece of wire. (See page 68.)
4. Hammer throwers are men of heavy type.
5. The double and triple turns should not be attempted until the single is thoroughly mastered.

FORM.

1. The starting position is with feet placed at back end of circle facing back. Body turned to right and slightly forward. Hammer head in line with line dividing circle from front to back and near the circle.
2. In the swing the head of the hammer should come nearest to ground at a point back of the right side.

3. The proper distribution of the weight of the body is of the utmost importance. If it is kept perfectly erect, as the hammer comes back over the right shoulder it pulls the body too far right and off balance.
4. To counteract the pull of the hammer the body is thrown to the left with weight on left leg as swing is begun. If the body is turned too far to the left the hammer gets around too quickly and the man is thrown. If the body is too far to the right a weak, short throw results.
5. A loose straight arm is maintained during the turn, with body well ahead of hammer.
6. After two or three circles around the head and proper height and speed are secured, the double or triple turn is made, pivoting on the left toe. Weight well up on the toes. Do not attempt to jump around. The right foot circles around the left, comes down in line with starting position, and about 18 inches back. The left is then shifted back.
7. A novice generally makes the first turn too fast and fails to keep the weight well ahead and loses control of hammer.
8. At the finish of the turn a powerful pull is exerted and arms take elevation of the throw.

PRACTICE.

1. Practice the standing throw until proper balance is secured.
2. Practice turn and foot work with a light weight.
3. Don't get discouraged.

THE DISCUS.

GENERAL NOTES.

1. Throwing the discus was unknown in America until 1896, when an American won the event at the Olympic Games at Athens and caused its introduction in this country.
2. The discus. (See page 69.)
3. The discus shall be thrown from a circle not to exceed 8 feet 2½ inches in diameter.
4. For Greek style see page 70.
5. Men with long arms and more than medium height and weight usually make the best records.
6. A variety of styles are used in the throw but the triple circle is preferred.

FORM.

1. Stand facing back of circle with toes touching ring.
2. The discus is held in the right hand with the fingers bent over the rim at the first joint. The fingers are spread out and the thumb pressed against discus close to rim. The hand is flexed on the forearm, sufficiently to make the hold firm.
3. The right arm is swung up over left shoulder, the weight being received by left hand and then down and back.
4. The turn is made on the left foot and both feet leave the ground.
5. Finish is practically the same as single turn with the hammer. The discus must be kept well back of the body.
6. At the finish the right arm comes forward perfectly straight and the discus is scaled with the left and forward edge up.
7. Practice scaling from a stand.

TRAINING IN GENERAL.

1. *Difference in build and temperament.*

Every coach should remember that all men cannot be handled in the same way. The old adage, "What is one man's meat is another man's poison," is in a measure true. Men differ in temperament and physical make-up. The old method of handling a whole group of men the same way is no longer followed. For instance, two men are shaping up for the 440. One man is

of light build and nervous temperament and the other is of heavy build and slow temperament. The same amount of work would cause No. 1 to overtrain and No. 2 to be under condition.

The same is true in the matter of diet and rest.

Same general rules can be laid down, however, which with slight changes to meet individual needs have been found good.

2. *Different methods in shaping up.*

Some coaches shape up their man a couple of weeks ahead of the important meet and try and keep them "on edge," while others hold their men back a little and try to reach the top condition just the day of the meet. Both methods are fraught with some danger. In the first the men are liable to grow stale, and in the second the men are often a little below top form. The best method is to get your men shaped up about a week ahead so that three days of slowing up can be allowed before the important struggle.

3. *Most men will train too much.*

Most men train too much. A man should do the day schedule and be made to get in and off his legs.

4. *Don't worry.*

Plenty of good sound sleep is a prime factor, and men who worry about their work should be given something to divert the thought.

5. *A light rub before going out.*

A light rub is necessary before going out, especially on a cold day, and a good rub on coming in.

6. *Nervousness.*

If a man is of extremely nervous temperament, he should be kept up rather late the evening before a meet.

7. *Encouragement.*

Encourage your men and keep them happy at their work. Do not continually chide a man because he does not shape up as rapidly as you think he should.

8. *Diet.*

While no hard and fast diet rules can be prescribed, some things to be avoided are eating between meals, and before going to bed (unless some bread and milk) gulping down food unchewed, eating at irregular hours, eating hot breads and pastry, fried stuff, too much soft food, sauces, etc. Too much liquid should not be taken at meal time.

Dairy.—Rice, shredded wheat, hominy, oat meal.

Soups.—Mutton and chicken broth, egg broth, puree of bean, puree of pea, cream of pea, cream of potato, bouillon, celery soup.

Meats.—Broiled steak and mutton chops. Roast beef, fowl stewed or roasted.

Eggs.—Soft boiled, poached or baked.

Breads.—Graham and whole wheat; Zwiebach and toast. Light corn bread. Crackers and oat-meal wafers.

Vegetables.—Corn, bean, spinach, boiled onions, lettuce, baked potatoes, raw tomatoes, celery.

Desserts.—Bread pudding, rice pudding, baked custard, sago and tapioca puddings, ices and ice cream, stewed prunes, apple sauce.

Fruits.—Apples, peaches, grapes, oranges, tangerines, grape fruit (juice only), melons, berries.

Drinks.—Milk, weak tea, cocoa, lemonade, fruitade.

SAMPLE OF DAY'S MEALS.

Breakfast.—Stewed prunes, corn mush, toast, broiled steak, baked potatoes, milk or hot water or cocoa.

Dinner.—Puree of pea soup, crackers, whole wheat bread, roast mutton, lima beans, lettuce, baked custard pudding, sponge cake.

Supper.—Broiled chops, boiled rice, toast and corn bread, apple sauce, graham crackers.

Meal on day of meet.—Roast beef, baked potatoes, dry bread or toast, baked apple, milk or weak tea.

OVERTRAINED MAN.

Liability of constipation, feel languid and depressed, recuperates slowly after race. Liability to frequent seminal emissions. Loss of weight. Slight loss of appetite. Skin eruptions. Poor color.

Give complete rest and change of diet. Something to occupy mind. Plenty of water.

UNDER-TRAINED MEN.

Tendency to do too much work. Tremendous appetite. Skin ruddy, eyes bright. Recuperates quickly. Sleeps soundly. Has plenty of go.

To put on edge, give just a little more work.

EQUIPMENT.

Track.—Quarter mile with 220 yards straightaway. Properly drained and easy curves. Cinders properly screened. Rock base. Grand stand fenced off.

Lighting pits and runways.—For pole vault and high jump 8 x 14 feet, 18 inches deep. For broad jump, 5 x 10 feet, 18 inches deep. Moist sand or tan bark or sawdust and dirt. See that runways are in good shape. Permanent pits should be framed.

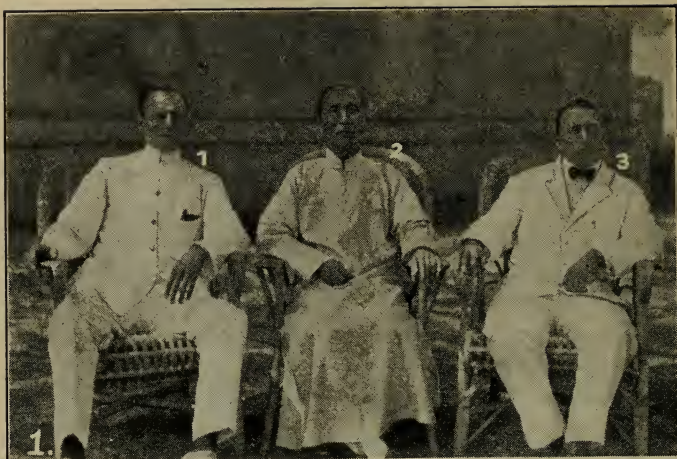
Broad jump take-off.—The take-off for the broad jump. (See page 64.)

Pole vault.—Stop board same size as for broad jump.

Lanes, etc.—Lane stakes and lines, lime marker, stop watch and gun.

Hurdles.—Frame 2 feet 6 inches, reversible frame 2 feet high, swinging at 6 inches from one end, 18 inches from the other, on a steel bolt, fastened with a thumb screw at the end.

Loose apparatus.—Steel tapes, 100 and 200 feet long; adjustable jump standards in wooden frames, brass shots, ball-bearing hammers, 12, 14 and 16 foot vaulting poles, two 7-foot iron rings, dozen cross-bars, yarn.



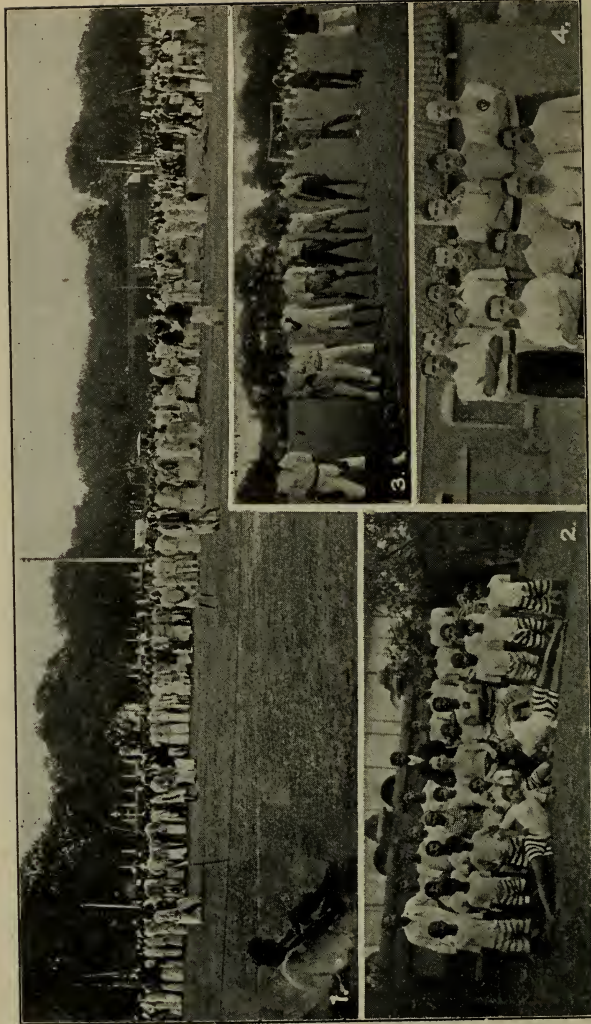
(1) OFFICERS OF THE FAR EASTERN ATHLETIC ASSOCIATION—1, J. H. Crocker, Contest Sec'y; 2, Dr. Wu Ting Fang, Pres.; 3, Elwood S. Brown, Sec'y-Treas. (2) JAPAN VS. FILIPINO—Dr. Wu Ting Fang pitching the first ball at the opening game, Carnival Sports, Manila, February, 1915.

Athletics in Foreign Lands

Reports from all over the world indicate that there is at present a world-wide movement for physical education and culture. It is a logical continuance of the movement that began fifty years ago in Germany, Sweden and Switzerland. It then came to America and has now passed on to Asia, South America and the islands of the sea. The possibilities in all phases of national and individual life of this awakening on the eastern nations particularly, are greater than our wildest imaginations can fathom. To meet this opportunity and to use it for the advancement of Christ's Kingdom the Young Men's Christian Association with its technically trained leadership has been sending to the Orient, to Latin America, to the West Indies and to other countries, physical directors who are the forerunners and the pioneers of play and athletics. Marvelous are the opportunities in these countries where play and competitive sport have been practically unknown. In China, Dr. M. J. Exner laid the foundation for the great interest and activity now true of this great nation. The cities of Hong Kong, Shanghai, Tien Tsin and Peking, all have first-class Association gymnasiums which in time will be the centers of physical thought, example and activity for the section of country in which they are placed. The training agencies now established are developing a high grade of Chinese leaders. Large plans for extension in training men and establishing work are being developed in the other cities.

In the Philippines, Mr. Elwood S. Brown has done wonders in introducing play in the schools and playgrounds. He organized the great Far Eastern Games—a new epoch in Asia—in which China, Japan and the Philippines participated. At the present writing these games are scheduled in Shanghai, and Siam is added to the list of entrants. These games have Imperial recognition from each of the countries represented. Among the many interesting trophies is one presented by President Yuan Shih-kai. It is of purely Chinese design and measures 4 feet by 2 feet. It will be made of solid brass and the messages to be engraved wish the holder longevity, strong manhood and prosperity.

In India Association training schools have been established and native teachers are being trained who in turn are introducing play and physical training in the local Associations and in the schools. Three great universities in India have been advised in reference to the organization of the most modern departments of physical education equal to the work in the best American universities. More than one hundred and fifty drill masters deputed from government schools in one province have been trained by Dr. Gray alone as physical education teachers. Text books have been revised and rewritten. Athletic meets in Calcutta have grown so rapidly that whereas in the beginning Dr. Gray was able to go to all of them, at present he cannot get to more than one in three. He has been responsible for the organizing and conducting of many of them. A great national sports meeting was planned for India—India's Olympic games—which received the highest official Imperial recognition and with events open to the British army, Indian army, open amateur, Indian universities and railway volunteer corps. High schools are ready to be included; the magnitude of the undertaking being the only reason for leaving them out. The war has temporarily delayed the holding of these games. India has seven great provinces beside many native states, totaling over three hundred and thirty million people and averaging a half million students or more, and in these provinces and states the governments are calling Association physical directors and assisting in their support; thereby giving the



1. Annual Sports, India. 2. Men and boys who took part in the First Annual Gymnasium Exhibition, College Branch, Y. M. C. A., Calcutta, India. 3. Field Sports—Line-up for 220-yard race, Bangalore India. 4. Y. M. C. A. Field Day, Colombo, Ceylon—Bourdillon and Central Branch Basket Ball teams, Bangalore. Three Indian Christians, two Hindus, three English civilians, three English soldiers.

Association a unique opportunity to guide, control and develop the enormous masses of young men in their physical lives. Physical efficiency tests will soon be established throughout Indian schools.

In India and China athletic clubs, with teams in soccer, hockey, baseball, cricket, basket ball, etc., are springing up so rapidly that an attempt is being made to federate them in order to standardize and regulate all lines of sport. The evils of athletics will rapidly appear unless properly guided. It is interesting to note the progress being made in all these countries in substituting for many of the gambling games, which have persisted for generations, the new modern amateur sports.

The men on the foreign field all cultivate and seek the cooperation of government officials and men of influence, thus stamping the work done with dignity and giving it prestige.

Recently under the guidance of Mr. Crocker of Shanghai, Dr. Wu Ting Fang and Mr. C. T. Wang, of Shanghai, and Dr. Motoda, from Japan, visited the Philippines to study their sport.

One interesting incident in this visit is shown by the following newspaper article:

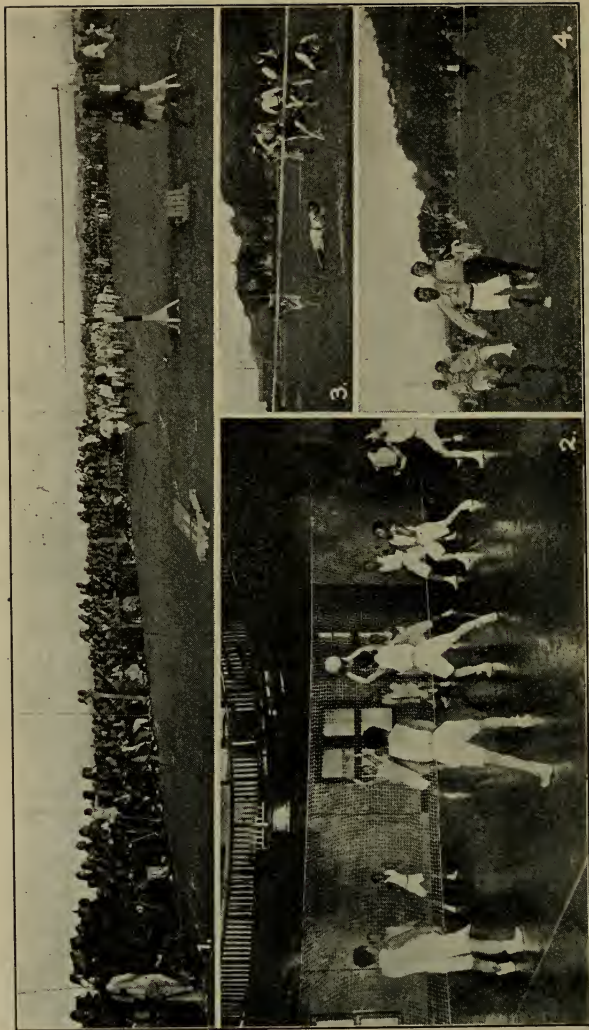
Dr. Wu Ting Fang, who was for so many years Minister from China to the United States, pitched the first ball in the game between the University of the Philippines and Waseda (Japan) University. He is president of the Far Eastern Athletic Association. Dr. Wu's visit to the Philippines was partly in the interest of foreign commerce, and partly to assure a large delegation of Philippine athletes for the meet.

Since the coming of the Americans, athletics in the Philippine Islands have become tremendously popular. There are 59,000 girl students on regularly organized basket ball teams playing out of doors, and more than 1,500 athletes competed in the recent Interscholastic Championships.

"The Philippines have 9,000,000 people, who are being benefited either directly or indirectly by the physical training they are receiving," says Dr. Wu, "whereas China has 400,000,000 persons who need the same training."

One feature of baseball that will please the baseball public in Shanghai is the fact that two teams of girls about 14 and 15 years of age are coming from the Philippines and will give exhibitions of the indoor baseball game. The game is one that is played in all the schools in the Philippine Islands and the girls have such unusual abilities that Dr. Wu Ting Fang, when he was in Manila, asked the Director of Education to permit the girls to come to Shanghai and demonstrate this healthy sport, and it is hoped that their presence will serve as a great lesson to the young women of China.

In perhaps less dramatic fashion, but none the less effective, the same progress is being made in South America, in Mexico and in the West Indies. It will not be long before all these nations will be represented in the International Olympic Games as they grow expert and when because of our physical evangelists in the remote places the Association type of physical education and of Anglo-Saxon sport will be largely those of the nations of the world.



1, Five Mile Run—Annual Field Day, Tientsin, China. 2, Volley ball game in new Gymnasium, Peking, China. 3 and 4, Y. M. C. A. Sports, 1910, Hong Kong, China.

Swimming and Life Saving

The effort of the Young Men's Christian Associations to "Teach America to Swim" during the past six years has resulted in approximately 225,000 men and boys who could not swim being taught how to do so. Many thousands of swimmers have been instructed how to swim better, nearly 2,000 have qualified as life savers and a large number have been stimulated to teach others to swim.

The Association Campaign has spread throughout the United States and Canada and has been the means of inaugurating similar efforts among the Boy Scouts, Young Women's Christian Associations and the Red Cross.

The success of the Young Men's Christian Association Campaign has been due to three things.

1st. The discovery and use of Mr. George H. Corsan, the originator of the mass method of teaching beginners the crawl swimming stroke.

2d. The equipment of the Associations with their 400 swimming pools and qualified instructors.

3d. The Association's desire and willingness to be of the largest possible service to the communities in which they are located by teaching to swim without charge hundreds of men and boys not members of the Association.

In nearly every Association Boys' Camp swimming and life saving are now included as a part of the educational program of the summer's work.

All of the Association summer schools require their students to qualify in swimming and life saving before completing their course.

The following swimming efficiency tests and awards have been standardized and are now in general use: *Beginners' Test.* Swim at least

fifty feet (any stroke—with or without turning).

Award: Oxidized silver finish button. 5 cents each, cash with order; 50 at \$2.25; 100 at \$4.

Swimmers' Test. Swim fifty yards (any stroke); dive properly from dock, side of pool, float or springboard; swim on back fifty feet.

Award: French gray finish button. 10 cents each; 50 at \$4.25; 100 at \$8, cash.

Leaders' Test. (1) Teach one person to swim fifty feet, (2) swim two hundred yards, (3) dive from surface of water and bring up objects from the bottom (opening eyes), (4) swim on back fifty yards.

Award: Roman gold finish button. 5 cents each; 50 at \$2.40; 100 at \$4.25, cash.

Life Savers' Test. (1) Dive into from seven to ten feet of water and bring from the bottom to the surface a loose bag of sand weighing ten pounds; (2) swim two hundred yards, i. e., one hundred yards on back, not using arms or hands and one hundred



yards any other stroke; (3) demonstrate—(a) On land—five methods of release, (b) in water—two methods of release, (c) rescue and tow person of own weight twenty yards, using two different strokes (ten yards each); (d) Schaefer method of resuscitation.

Award: Sterling silver watch fob, very neat and durable. \$1 each: 25 or more at \$22.50. A limited supply of gold finish fobs, 50 cents each, same design as silver fob.

NOTE.—Quantity prices are based on cash payments. There is no desire to make any profit on these awards nor to maintain a bookkeeper. These awards are proving important factors in advertising and arousing increasing interest in swimming.

Believing that every person who swims can teach another if he will, a united effort is being made to enlist every Association swimmer in an endeavor to teach at least one person to swim during the next twelve months, thus attempting to teach at least 100,000 in 1915.

Over 7,000 persons are drowned in the United States each year, but even a larger number are probably rescued from drowning. Many Young Men's Christian Association members manifest bravery and skill in rescuing others from peril in the water. Hereafter, every member of a Young Men's Christian Association in North America who rescues another person from drowning will be eligible to receive the Life Saving Medallion for Heroic Service. These Medallions are in bronze, silver and gold, the style awarded in each case being determined by the degree of danger involved and the skill and courage shown in making the rescue.

Awards are only granted upon the request of a Young Men's Christian Association over the signature of the President, General Secretary and Physical Director. The cost of the award will be cared for by the local Association. Bronze, \$2.50—Silver, \$5.00—Gold, \$15.00. The type of medallion granted will be decided in every instance by the National Committee on Awards.



There is every indication that the active promotion of swimming and life saving will be continued indefinitely as one of the most important features of Association service. In December, 1913, the entire swimming propaganda of the Young Men's Christian Associations was permanently organized as a department of the Athletic League of North America.

(The Rules and Regulations will be found below.)

Through the International Committee Office at New York, 124 East 28th Street, arrangements are made with local Associations to promote Swimming Campaigns under the leadership of specialists like Mr. George H. Corsan.

At the beginning of the Swimming Campaign in 1909 there were only a few local Young Men's Christian Association Swimming Clubs, but at present there are one hundred and four. These organizations are becoming identified with the International body for the purpose of uniting in their activities to promote swimming and life saving under the following Rules and Regulations:

ORGANIZATION AND REGULATIONS.

NAME.

- I. This organization shall be a department of the Athletic League of the Young Men's Christian Association of North America, and shall be known as the Young Men's Christian Association International Swimming and Life Saving Department.

OBJECT.

II. The purpose of this organization shall be:

General—

To promote Swimming and Life Saving in and through the Young Men's Christian Associations.

In particular to—

1. United and harmonize all local Y. M. C. A. Swimming and Life Saving organizations.
2. Encourage the organization of new Clubs or Corps.
3. Stimulate and advise with local Clubs or Corps, providing special instructors and furnishing information regarding methods of conducting swimming and life saving campaigns.
4. Cooperate as far as possible with other National Swimming or Life Saving organizations.

MEMBERSHIP.

III. Membership in this League shall be composed of local Young Men's Christian Association Swimming or Life Saving organizations.

1. Who make application for membership and are accepted by the Executive Board.
2. Who pay the annual membership fee when due.
3. Whose Constitution and By-Laws are in harmony with the spirit and purpose of this organization.
4. Who submit a written Annual Report in March covering the year's work showing the present condition of the local organization.

OFFICERS.

IV. *Officers and Executive Committee.*—The Officers of the A. L. N. A. shall serve in the same capacity in this body.

QUORUM.

V. Five members of the Executive Board shall constitute a quorum.

COMMITTEES.

VI. The Executive Committee shall transact the business of the Department. Such other Committees may be appointed by the Executive Committee as may be found desirable.

VII. *Membership Fee.*—The Swimming or Life Saving Organization of any Young Men's Christian Association that is a member of the A. L. N. A. may become identified with this Department upon making written application. There shall be an annual membership fee of \$2.00 for associations that are not connected with the A. L. N. A.

VIII. The Corps shall issue an annual membership certificate (suitable for framing) to every member. A fresh one to be mailed upon receipt of the annual fee.

IX. Association organizations amending their Constitutions after becoming members of the League shall, within 10 days, send a written copy of the Constitution as amended to the Secretary of the International Life Saving Department.

X. The Department shall issue such printed matter and Swimming and Life Saving awards from time to time as is deemed advisable by the Executive Committee.

XI. In all swimming events the rules of the Athletic League of North America shall be official. In Life Saving events the rules of the Life Saving Department shall be followed.

XII. These rules can be amended by the Executive Committee in accordance with the By-Laws of the A. L. N. A.

All Associations having a Swimming or Life Saving organization are invited to join the National Life Saving Department of the Athletic League of North America.

A suggestive Constitution and By-Laws for a local club will be mailed upon request to headquarters, 124 East 28th Street, New York.

Constitution and By-Laws of an Amateur Athletic Federation of a City, County or State

H. F. KALLENBERG, M.D.

In order that the reader may interpret properly the various provisions, comments follow immediately those sections which are unique and of special importance. The sections not commented upon will be recognized as being common to many constitutions and by-laws and therefore need no further explanation.

CONSTITUTION

ARTICLE I. NAME.

This organization shall be known as The Amateur Athletic Federation of (city, county or State).

ARTICLE II. OBJECTS.

The objects of the Federation shall be:

1. To unite in (city, county or State) organizations of a permanent character conducting amateur athletics.
2. To uphold high standards in amateur athletic competition.
3. To place athletic competition upon a physiological basis.
4. To unify methods, rules, regulations and standards wherever possible and consistent with efficiency.
5. To place the competitive play activities within the reach of the many.
6. To give moral support to the various groups in this Federation and assist them to attain their ideals.

ARTICLE III. MEMBERSHIP.

1. Membership in this Federation may consist of:
 - (a) Educational institutions, *i. e.*, universities, colleges and high schools.
 - (b) Turners.
 - (c) Young Men's Christian Associations.
 - (d) Playgrounds.
 - (e) Churches, *i. e.*, Sunday schools, Bible classes, etc.
 - (f) And such other organizations as may be elected to membership.

Note.—It should be noted that membership is by organizations and not by individuals.

2. Each federated organization shall be represented in membership by two (2) delegates, who shall collectively have one vote.

3. Such delegates shall be appointed annually by each organization in the Federation.

ARTICLE IV. GOVERNMENT.

1. For the direction and control of this Federation the following officers shall be elected annually:

(a) President.

(b) Vice-president.

(c) Secretary.

(d) Treasurer.

2. Additional officers may be appointed when deemed advisable.

ARTICLE V. AMENDMENTS.

1. Amendments must be sent in writing to the Secretary at any regular or special meeting.

2. The Secretary shall inform all members at least three days before action is taken of the nature of the amendment.

3. No amendments to this Constitution shall be adopted, except upon two-thirds' vote of the members voting and present at the meeting.

ARTICLE VI. QUORUM.

1. Three members present, representing at least three different organizations, at any meeting shall constitute a quorum.

BY-LAWS

SECTION I. ELECTION OF OFFICERS.

1. The Executive Committee shall appoint a nominating committee ten (10) days before the annual meeting, whose duty it shall be to select a list of suitable candidates.

2. The officers of this Federation shall be selected by ballot, by a majority vote, at the annual meeting.

SECTION II. DUTIES OF OFFICERS.

The duties of the officers shall be those usually ascribed to said officers.

SECTION III. COMMITTEES.

1. *Executive.* This committee shall be composed of the officers and one additional member elected by the Federation.

2. Additional committees may be appointed when deemed advisable.

SECTION IV. DUTIES OF THE EXECUTIVE COMMITTEE.

1. To pass upon applications for membership in the Federation.
2. To receive and act upon protests involving organizations in the Federation.
3. To pass upon the amateur standing of the organizations in the Federation.
4. To pass upon the amateur status of individual members of the organizations in the Federation, but only upon request of members of the Federation.
5. To explain, define and interpret any provision of the Constitution or any by-law or rule.

Note.—According to this section, a federation deals with groups and not with individuals, except at the request of the groups.

SECTION V. ADMISSION TO MEMBERSHIP.

1. Organizations shall be elected to membership, upon recommendation by the Executive Committee, by two-thirds vote of the members present at any regular or special meeting.

SECTION VI. AMATEUR DEFINITION.

The spirit of amateurism as expressed in the rules of the Athletic League of the Young Men's Christian Associations of North America and as expressed in the rules of the intercollegiate bodies shall govern this Federation.

SECTION VII. CONDITIONS OF COMPETITION.

1. Each organization in the Federation must have registration of some kind, which shall vouch for the amateur standing and determine the eligibility of its members.
2. The organizations that are members of the Federation shall have the privilege of competing with each other in any form of athletics conducted by said members. The athletes representing said members must, however, be registered with and in good standing in their respective organizations.
3. Where possible a list of the eligible competitors should be filed with the Federation. In any case a list of the eligible competitors for any particular contest, signed by a responsible individual connected with the organizations represented by the competitors, must be presented at each contest.
4. No organization in this Federation shall place upon its eligibility list any athlete who has during the period of his registration competed for another organization unless that organization has disbanded, or upon written agreement of the two organizations involved.

5. The units in this Federation should confine their competition within the membership of the Federation, except by special permission of the Executive Committee.

Note.—No special explanation is necessary except to call attention to the fact that the provisions in this section provide as close a form of supervision for athletics as that furnished by any organization in the country. It will be noticed that the responsibility is placed upon the men directly in charge of the athletes and athletic activities rather than upon some distant central body. It is up to the men behind the athletic activities to do their duty.

SECTION VIII. GOVERNMENT WITHIN THE ORGANIZATIONS CONSTITUTING THIS FEDERATION.

1. Each organization a member of this Federation has the right to adopt, for the promotion of its own interests, a constitution and by-laws, provided they contain nothing that is contrary to the aims and spirit of amateur athletics.

2. Each organization in this Federation shall regulate and conduct its own affairs, suspend and expel its members, and reinstate its members, except those who have been penalized for professionalism.

3. Power to reinstate after suspension or expulsion for professionalism shall be vested in the Executive Committee only.

4. Each organization in the Federation shall be responsible for the amateur standing and conduct of its athletes.

Note.—This section provides for individuality by permitting each group to put into its own constitution and by-laws such provisions as meet best the needs and aims of that particular group, so long as these do not violate fundamentals. Furthermore, it makes each organization responsible for its own athletic life and activities, and uses the machinery already in existence, and helps to make that machinery more effective. In spite of all possible freedom and democracy, no organization can play fast and loose with the main, underlying principles of amateurism.

SECTION IX. SUSPENSION AND EXPULSION OF MEMBERS.

1. Any penalty imposed by any organization in this Federation upon its members shall be honored by every organization in this Federation.

2. Any violation of the Constitution or By-Laws of this Federation, or a decision of the Executive Committee, by any member of this Federation shall render such member liable to suspension by the Executive Committee until the next meeting of

the Federation, and to expulsion by two-thirds vote of all the members voting at such meeting.

Note.—Provision I of this section is brief and looks innocent enough, yet it is the keystone to every successful federation scheme. Without this provision no successful federation is possible.

SECTION X. FEES.

Regular dues may be decided upon, or the more informal method of giving the Treasurer power to assess each member from time to time for amounts necessary to conduct the business of the Federation may be used. These assessments to be approved by the Executive Committee in advance.

SECTION XI. MEETINGS.

1. The annual meeting of this Federation shall be held.
2. The President may at any time call a meeting of this Federation.
3. The President shall call a meeting at any time at the request of three members of the Executive Committee, provided the purpose of such meeting is stated.

SECTION XII. ORDER OF BUSINESS.

1. Roll call.
2. Reading of minutes of last meeting.
3. Treasurer's report.
4. Report of officers.
5. Report of committees.
6. Unfinished business.
7. New business.
8. Election of new members
9. Adjournment.

SECTION XIII. AMENDMENTS.

See Article V. of the Constitution.

FINAL COMMENT.

A well-organized federation will accomplish the following:

1. Unite, on a common basis of amateurism and fair play, the various groups in the community.
2. Make more efficient existing machinery by unifying rules and methods of effort throughout the organization.
3. Unite for the best things in athletics all organizations that in any way contribute to either the physical, moral or mental life of men and boys.

4. Discourage the unattached athlete and encourage such to become attached to some group in the Federation.

5. Regulate the amount of competition any particular athlete (especially the high school boy) may undertake, and in many other ways place the competitive activities upon a sane and physiological basis.

Here is a platform which any federation might well adopt:

"Recognizing the social and educational value of competition in physical activities, the (city, county or State) Athletic Federation stands first and always for wholesome, formal and informal contests in gymnastics, athletic and aquatics for the many. The Federation desires to serve those who stand for 'sport for sport's sake,' who desire to acquire those manly virtues cultivated by sane competition, and who, furthermore, will be loyal to the ideals of the organization they represent. For the men who are looking merely for notoriety, for medals and cups, or are ever ready to shift their allegiance whenever offered suitable (to them) material inducement to do so, the Federation has nothing to offer except to encourage such to come in and co-operate on this other higher basis."

Or the platform adopted by the Athletic League of Young Men's Christian Associations of North America may be more acceptable. In leagues composed only of Young Men's Christian Associations this latter platform will prevail.

Application for Membership in the Athletic League of the Young Men's Christian Associations of North America

ATHLETIC PLATFORM.

Principles:

We recognize in athletics, when wisely directed

(a) A form of supplementary physical training for the development of bodily vigor.

(b) A great educational force, developing the coordination of the muscular and nervous systems and contributing quick motor reactions, muscular skill and precision.

(c) An excellent means of teaching social ethics, of establishing right social relationships and social cooperation, and of satisfying the play instinct.

(d) A means for the development of character, through self-control, temperate living and fair play.

We do not favor

(a) The placing of emphasis upon prize-giving or prize-winning and believe these should be secondary and incidental.

(b) Any form of commercialism, through bribes or special honoraria offered as inducements to men to compete or demanded by them for competing.

(c) The recruiting of athletes by one organization from another.

(d) That high degree of specialization in athletics which interferes with the harmonious development of the bodily functions.

(e) That practice in competition which leads to excesses and undue nervous expenditure or which results in a state of mind not in keeping with true sportsmanship.

Spirit of the League.

The League endeavors to foster clean sport between gentlemen. The following statements express the spirit to be sought and maintained in such sport. It is the privilege and duty of every committeeman and other person connected with the League to embody these principles in his own actions and to earnestly advocate them before others:

(1) The rules of games are to be regarded as mutual agreements, the spirit or letter of which one should no sooner try to evade or break than one would any other agreement between gentlemen. The stealing of advantage in sport is to be regarded in the same way as stealing of any other kind.

(2) Visiting teams are the honored guests of the home team, and all their mutual relationships are to be governed by the spirit which is understood to guide in such relationships.

(3) No course of conduct is to be pursued which would seem ungentlemanly or dishonorable if known to one's opponents or the public.

(4) No advantages are to be sought over others in the game except those in which superiority can be shown.

(5) Advantage should not be taken of the laxity of officials in interpreting and enforcing rules.

(6) Officers and opponents are to be regarded and treated as honest in intention. When opponents are evidently not gentlemen, and officers manifestly dishonest or incompetent, future relationships with them should be avoided.

(7) Decisions of officials are to be abided by, even when they seem unfair.

(8) Ungentlemanly or unfair means are not to be used, even when they are used by opponents.

(9) Good points in others should be appreciated and suitable recognition given.

All Young Men's Christian Associations which adopt this platform and thus pledge themselves to conduct their athletic competition in harmony with its principles are eligible to membership in the League upon sending written notice to the headquarters of the League together with membership fee.

Such Young Men's Christian Associations may participate with all other organizations, clubs, teams or federations of whatsoever character which in like manner subscribe to this platform or adopt a platform similar in principle. Those organizations, teams or federations which will not subscribe to this platform, or adopt a platform similar in principle, and practice these principles in competition will not be eligible for competition with Young Men's Christian Associations in this League.

AMATEUR DEFINITION.

An amateur athlete is one who participates in competitive gymnastics or athletics for pleasure only and for the physical, mental, moral and social benefits directly derived therefrom. A professional* in athletics is a person who promotes or participates in gymnastics or athletics for any other purpose than the above.

* The term professional is here used to include both the *bona fide* professional and the petty or technical professional.

APPLICATION FOR MEMBERSHIP

IN THE

ATHLETIC LEAGUE OF THE YOUNG MEN'S
CHRISTIAN ASSOCIATIONS
OF
NORTH AMERICA124 EAST TWENTY-EIGHTH STREET
NEW YORK

.....191....

Secretary of Athletic League :

Sir :—Enclosed please find \$2.50 in payment of the annual fee for membership in the ATHLETIC LEAGUE OF THE YOUNG MEN'S CHRISTIAN ASSOCIATIONS OF NORTH AMERICA, for the.....Association.

In applying for membership the Association declares that it is in full sympathy with the purpose and spirit of the League as prescribed in its platform and definition of an amateur and agrees to comply with the League's standards and to use its efforts to further them among other organizations.

Yours truly,

.....
Chairman, Physical Department Committee.

.....
Physical Director.

Grading Athletics

BY LEWIS G. BATES,
Institute and Training School, Chicago.

1. Based on the principle of a definite percentage value for all degrees of performing ability.

2. Percentage values are established by translating record units into percentage units in one of two ways:

(a) *The extreme method.* By this method a basis is determined by adding the highest and lowest record made in the preliminary tests in any event and dividing by 2. (This method saves desk work, but is not reliable, especially when the individuals in a group vary largely in ability.)

(b) *General average method.* Add the best record made by all the individuals in a group and divide by the number of men involved. (This method requires more time, but establishes a better permanent average basis.)

3. The average record in any event for any group constitutes the passing mark (70 per cent.).

4. One hundred per cent, or perfect score, should be the best record to date for any event of the group or organization involved. Or, better still, a little above the best record of the group or organization. This stimulates effort to improve standing records.

5. The lowest per cent. mark must be equivalent to the record made by the poorest performer in the group. This allows even the poorest performer to get credit for his work.

6. Having established the 70 per cent., or passing mark, and determined the 100 per cent. mark, divide the number of percentage units between 70 per cent. and 100 per cent., i. e., 30 percentage units into the number of record units between the performance equivalent of these two marks to get the average percentage credit for each increase in record above the passing mark.

Example 1. 100 Yard Dash. The difference between 100 per cent. and 70 per cent. is 30 percentage units. In the preliminary test 13 seconds proved to be the average performance of the group, therefore 13 seconds equals 70 per cent. The best record to date has been 11 3-5 seconds, therefore we add 2-5 of a second and make it 10 seconds flat for a perfect score of 100 per

cent. Computing in fifths of seconds, there are 15 record units between 10 seconds and 13 seconds. By dividing 15 into 30 we get a result of 2, which is the amount of percentage allowed for each increase for one-fifth of a second.

Example 2. Pole Vault. Passing record, 5 feet. Perfect score (100 per cent.) is 10 feet 6 inches. The number of percentage units between 70 and 100 equals 30. The number of record units between 5 feet and 10 feet 6 inches equals 66 (66 inches). The problem is to determine the percentage value of these 66 record units. This is arrived at by dividing 30 into 66, which gives the result of 2 and 6 inches to spare. That, plus 6, is what is left over in transposing the record into percentage units, and is present in all events with a large number of percentage units, such as pole vault, shot put, hop, step and jump, etc. To use up those 6 inches more or less we spread them through the table at such places where performance is easiest for all and only give 1 per cent. at these points for each 3 inches, whereas the standard for this particular table is 1 per cent. for each 2 inches. This introduces the Differential System.

7. *The Differential System.* It is one which recognizes by proportionately increasing values the fact that it becomes increasingly difficult to make improvement in any event after a man has passed certain points in proficiency. It may be increasingly difficult because a man gets discouraged, or because it takes more coordination and practice to go higher or farther or quicker. To stimulate increasing ability, he may be given a greater proportionate mark above these points, which are the differential points. The differential points are determined by a close study of the records of the group to determine just where the most men fall down. There may be one or more such places in any event. Having discovered these points, additional credits are given by granting more than 1 per cent. for the standard increase of record either above or below 70 per cent. The following examples are taken from a table of twelve test events required of all students at the Institute and Training School, Chicago. (See following page.)

Note (1) that the 70 per cent., 80 per cent., 90 per cent. and 100 per cent. marks are blocked in (with red ink on actual sheets), to stimulate working up to and passing these marks and as points for grouping.

Note (2) that differential points are underscored (with red ink on actual sheets) to emphasize them.

Note (3) that the grading is also applied to records below 70 per cent.

100 Yard Dash.	Spring Board Jump.	Hop, Step and Jump.
Per Cent.	Per Cent.	Per Cent.
10 4-5— <u>10</u>	8 — <u>10</u>	28 — <u>10</u>
<u>11</u> — 9.3	7.11 — 9.8	27.11 — 9.9
<u>11 1-5</u> — 8.8	7.10 — 9.6	27.10 — 9.8
11 2-5 — 8.4	7.9 — 9.4	27.9 — 9.7
<u>11 3-5</u> — 8.1	7.8 — 9.2	27.8 — 9.6
11 4-5 — 7.8	<u>7.7</u> — <u>9</u>	27.7 — 9.5
<u>12</u> — 7.6	7.6 — 8.8	27.6 — 9.4
12 1-5 — 7.4	7.5 — 8.6	27.5 — 9.3
12 2-5 — 7.3	7.4 — 8.4	27.4 — 9.2
12 3-5 — 7.2	7.2 — 8.2	27.3 — 9.1
12 4-5 — 7.1	<u>7</u> — <u>8</u>	27.2 — <u>9</u>
13 — <u>7</u>	6.10 — 7.8	<u>27.1</u> — 8.9
13.1 — 6.9	6.8 — 7.7	26.11 — 8.8
13.2 — 6.8	6.6 — 7.6	26.9 — 8.7
13.3 — 6.7	6.4 — 7.5	26.7 — 8.6
13.4 — 6.6	6.2 — 7.4	<u>26.5</u> — <u>8.5</u>
14 — 6.5	6 — 7.3	26.2 — 8.4
14.1 — 6.4	5.10 — 7.2	25.11 — 8.3
14.2 — 6.3	5.8 — 7.1	25.8 — 8.2
14.3 — 6.2	<u>5.6</u> — <u>7</u>	25.5 — 8.1
14.4 — 6.1	5.4 — 6.9	25.3 — <u>8</u>
	5.2 — 6.8	25 — 7.9
	5 — 6.7	24.9 — 7.8
	4.10 — 6.6	24.6 — 7.7
	4.8 — 6.5	24.3 — 7.6
	4.6 — 6.4	24 — 7.5
	<u>4.4</u> — <u>6.3</u>	23.9 — 7.4
	4.2 — 6.2	23.6 — 7.3
	4.1 — 6.1	23.3 — 7.2
	4 — 6	23 — 7.1
	3.11 — 5.9	22.9 — <u>7</u>
	3.10 — 5.8	22.6 — 6.9
	3.9 — 5.7	22.3 — 6.8
	3.8 — 5.6	22 — 6.7
		<u>21.6</u> — <u>6.6</u>
		21 — 6.5
		19.6 — 6.4
		19.2 — 6.3

Note (4) that both record and percentage units are utilized to fix the differential points.

Note (5) that some events have more differential points than others.

Note (6) that the 100 per cent. mark is placed approximately 3 inches to 6 inches above the standard record in height events, 1 second to 3 seconds in time events, and 6 inches to 1 foot in distance events.

GENERAL PRINCIPLES.

1. Class work in competition should include during a season all three types of events.

2. Whenever a standing record is broken, the table does not necessarily have to be changed. The percentage mark of 102 per cent. is just as logical as 98 per cent. and more to be desired.

3. To develop ability and interest:

(a) Instruction to be given regularly in the rules, technique and mechanical principles involved in any event

(b) Numerous well-directed practices.

(c) Record sheet should be made public to stimulate interest.

(d) Summarized records should be kept up-to-date.

(e) Competition may be fostered between classes, groups, Associations and other organizations.

4. In stated competition recognition by buttons or ribbons is sufficient. Championship standing, however, may be recognized by monograms or medals.

5. Grading makes it very easy, so far as performance ability may be concerned, to select members of the leaders' corps, and lends itself readily to the scheme of giving diplomas for all around excellence, as at Elgin, Ill.

6. In educational institutions it serves to put the physical practice courses on a good educational basis, with definite per cent. values as in other subjects.

7. This same system can be applied to time and distance events in aquatics.

8. It readily lends itself to classification.

CLASSIFYING ATHLETICS.

1. Classification means simply that the contestants have been classified according to records made in previous practice or meets. Certain limits of performance determine the class division for each event, and every man competes with others of like ability in that class, thus eliminating the necessity of handicap-

ping. Classification gives every man an opportunity to take part and stimulates keen competition.

2. Individuals may be grouped according to their ability in two ways:

- (a) First by taking their word for previous records.
- (b) By instituting preliminary tests.

3. Having grouped them, they may be classified by performance record units, *i. e.*, feet and inches, or by percentage record units, *i. e.*, the percentage equivalent for any performance established by grading.

4. In either method the groups may be classified as A, B, C, etc., according to their ability, A class being the expert group. They may also be called championship and secondary classes, or any other suitable name indicating degrees of proficiency.

5. Each man competes in his own group until he can qualify to pass forward into the next.

6. In competition his credit may be obtained in two ways:

- (a) He may obtain credit for all points *earned* in any event in which he competes, in any class.
- (b) He may be given credit for places taken in only those events in the class in which he predominates, *i. e.*, if he has entered for five events and takes place in four events in the B class and one event in the A class, he is only credited on the four events in B class. The latter is the method practised at Chicago Central and has proven practical there, especially when determining the number of prizes to be given.

NOTES ON CLASSIFICATION.

1. The fixing of certain limits for grouping is necessarily arbitrary, depending upon local conditions and the ability of the men.

2. Each group must be classified.

3. Groups should be so divided as to give the maximum of interest through keen competition.

4. According to experience (Chicago Central) in working out the details, men do not voluntarily select the class in which they can easily excel, *i. e.*, a man will not discount his own best performance to date in order to shine in Class B when he may qualify as a low record man in Class A.

5. Classifying standardizes the athletic work, increases individual efficiency, encourages general participation, gives every man a chance, eliminates handicapping, puts athletic work upon a more systematic basis.

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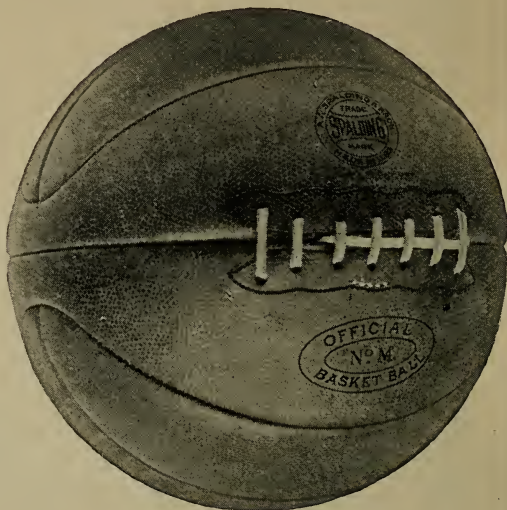
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No. OM. For Nos. M, M2, H and PGO balls.

Each, \$1.25

No. A. For Nos. 18 and 19 balls. " .80



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TRADE-MARK

GUARANTEES
QUALITY

SPALDING "OFFICIAL" BASKET BALL GOALS

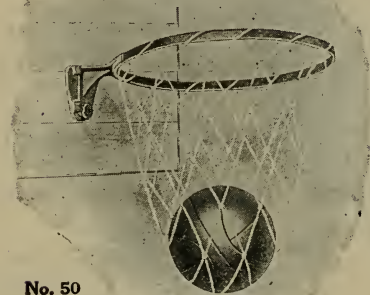
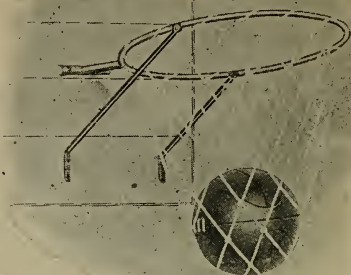
EXTRACT FROM OFFICIAL RULE BOOK.

RULE III.--GOALS

SEC. 3. The goal made by A. G. Spalding & Bros. shall be the official goal.

SEC. 4. The official goal must be used in all match games.

No. 90. Official Goal. So far as we know this is the only drop-forged goal made. Neither pains nor expense has been spared to make it to withstand the roughest sort of usage and punishment. Will last for years—far beyond the commonly accepted period of guarantee as guarantee is understood. It is, in fact, practically unbreakable. Extra heavy nets. This style should be used in all gymnasiums. . . Pair, \$4.00



No. 50

Pat. May 25, 1909.

Spalding Detachable Basket Ball Goal

No. 50. Detached readily from the wall or upright, leaving no obstruction to interfere with other games or with general gymnasium work. Same size basket, and brace same length as on official goals. Pair, \$6



Fitting on No. 50

Spalding Practice Goal
No. 70. Japanned Iron Rings and Bracket. Complete with nets. . . . Pair, \$3

Spalding Nets, Separate, for Goals

Heavy twine; hand knitted; white. The same as supplied with No. 90 Goals. Pr., 5

SPALDING BASKET BALL WHISTLES



No. 4



No. 3



No. 7



No. 2

No. 4. Horn Whistle, nickel-plated, made of heavy metal. Each, 75c.

No. 3. Nickel-plated, special deep tone. Each, 25c.

No. 7. Nickel-plated, heavy metal whistle. The most satisfactory and loudest any. Each, 3

No. 2. Reliable; popular design. " 2

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SPALDING BASKET BALL KNEE PADS AND PROTECTORS



No. EF



No. 9KP



No. KP



No. KE



No. KC

- o. EF. Combined elbow pad and elastic bandage. Padded with felt strips. The complete woven elastic bandage furnishes support to the elbow while the special arrangement of the felt strips provides protection against bruises. Pair, \$2.00 ★ \$21.60 Doz. prs
- o. KF. Same as No. EF, but for knee instead of elbow. " 2.00 ★ 21.60 "
- o. 9KP. Solid leather knee cap, heavily padded with felt. Conforms to curve of knee. Leather strap-and-buckle for fastening. Pair, \$3.50 ★ \$39.00 Doz. prs.
- o. KP. Made entirely of felt. Otherwise similar to No. 9KP. " 2.25 ★ 24.30 "
- o. KE. Combined leather covered roll style knee pad with elastic reinforcement at either end which holds pad in place and gives additional support. Pair, \$2.50 ★ \$27.00 Doz. prs
- o. KC. Combined canvas covered knee pad lined with felt, and with elastic reinforcement at either end. Pair, \$1.00 ★ \$10.80 Doz. prs.
- o. 1. Knee pad, knit knee piece, heavily padded with woollskin. . . . Pair, 75c.

Spalding Thumb Protector

- o. T. Substantial support for thumb and wrist; will answer for either right or left hand. Each, 50c.



No. T

Spalding Special Basket Ball Pants



No. 6B



No. 5B



No. 7B



No. 40P

- o. 6B. Good quality, either Gray or White flannel, padded lightly on hips, very loose fitting. Pair, \$1.75 ★ \$18.90 Doz. prs.
- o. 5B. Heavy Brown or White canvas, padded lightly on hips; very loose fitting. . . . Pair, \$1.00 ★ \$10.80 Doz. prs.
- o. 7B. White silesia, hips padded; loose fitting. " .75 ★ 8.10 "
- o. 40P. Padded knee length pants. White silesia. " 1.00 ★ 10.80 "
- o. 40. Similar to No. 40P, but unpadded. " .75 ★ 8.10 "

Stripes down sides of any of above pants, extra. Pair, 25c. ★ \$2.70 Doz. prs.

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Spalding "Olympic Championship" Running and Jumping Shoes

All of these shoes are hand made. Finest kangaroo leather uppers and best white oak leather soles.



No. 3-0



No. 2-0



Spalding "Monitor" Sprint Running Shoes Patent applied for.

No. 3-0. Lightest running shoe made. Hand made spikes. Especially for 100 and 220 yards races. Strictly bench made throughout.

Pair, \$6.00



No. 14C



Spalding "Olympic Championship" Short Distance Running Shoes

No. 2-0. Extremely light and glove fitting. Hand made steel spikes. For short distances, especially 440 and 880 yards and one mile races.

Pair, \$6.00



No. 14F



Spalding "Olympic Championship" Long Distance Running Shoes

No. 14C. For long distance races on athletic tracks. Electric heels, flexible shanks. Hand made steel spikes in soles. No spikes in heels.

Pair, \$5.00.

Spalding "Olympic Championship" Hurdling Shoes

No. 14F. Made on same last as our Sprint Running Shoes. Hand made steel spikes. Perfect shoes for hurdling. To order only. Not carried in stock.

Pair, \$6.00

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Spalding "Olympic Championship" Running and Jumping Shoes

All of these shoes are hand made. Finest kangaroo leather uppers and best white oak leather soles.



No. 14HR



No. 14H



Spalding "Olympic Championship" Jumping Shoes

No. 14H. Specially stiffened soles. Hand made steel spikes placed as suggested by champion jumpers. Also correct shoes for shot putting, eight and hammer throwing. Pair, \$6.00

No. 14HR. High cut; style of 14H, but rubber heel inside to take off jar. Pair, \$7.50



No. 14VR



No. 14W



Spalding "Olympic Championship" Pole Vaulting Shoes

No. 14VR. High cut special last. Same as we supply to the record holders. Hand made steel spikes in soles; one spike in heels. Rubber heel inside to take off jar. To order only. Not carried in stock. Pair \$7.00. On special orders we will supply Pole Vaulting Shoes with one high and one low cut shoe at no extra charge.

Spalding "Olympic Championship" Walking Shoes

No. 14W. For competition and match races. Pair, \$5.00

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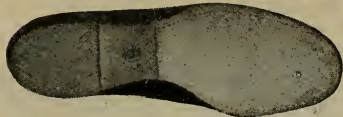
Spalding **MARATHON**
"Marathon"
Long Distance Running Shoes



No. MH



No. MO



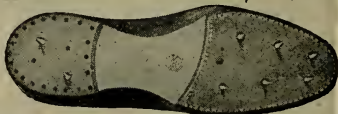
No. MH. High cut but light in weight. Well finished inside so as not to hurt the feet in a long race. Special leather soles, will not wear smooth. light leather heels; black calfskin uppers. Hand sewed. . Pair, \$5.00
No. MO. Low cut. Blucher style. Otherwise same as No. MH. " 5.00



No. 10



No. 14J



Spalding
Outdoor Running Shoes

No. 10. Fine quality calfskin; light in weight. Bench made. Steel spikes. Pair, \$5.00 ★ \$54.00 Doz.

The uppers of all Running and Jumping Shoes should be kept soft and pliable by using Spalding "Dri-Foot" Preparation. Can, 15 cents.

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one-half dozen pairs or more. Quantity prices
NOT allowed on items NOT marked with ★

Spalding
Outdoor Jumping Shoes

No. 14J. Calfskin; machine made. Satisfactory quality; durable. Steel spikes. Pair \$4.50 ★ \$48.00 Doz.

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Spalding Outdoor Running Shoes



No. 11T



No. 11



No. 11T. Calfskin, machine made; solid leather tap sole holds spikes firmly in place. Pair, \$4.50 ★ \$48.00 Doz.
No. 11. Chrome leather, machine made. " 3.50 ★ 36.00 Doz.

Juvenile Outdoor Running Shoes

No. 12. Leather, good quality, complete with spikes. Sizes 12 to 5 only. Pair, \$3.00



No. 111



No. 210



Spalding Indoor Running Shoes

No. 111. Calfskin, special corrugated rubber soles, with spikes. Pair, \$4.50

For Indoor Shoes, especially when the feet perspire, the uppers should be kept soft and pliable with Spalding "Dri-Foot." It will extend the life of shoes. Can, 15c. The prices printed in italics opposite items marked with ★ will be quoted only on orders for one-half dozen pairs or more. Quantity prices NOT allowed on items NOT marked with ★

Spalding Indoor Jumping Shoes

No. 210. Hand made. Calfskin uppers; rubber tap soles, rubber heels. Pair, \$5.00

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Spalding Indoor Running Shoes



No. 112S



No. 112



No. 114

No. 112S. Good leather uppers and leather soles, short spikes.

Pair, \$4.00 ★ \$42.00 Doz.

No. 112. Good leather, rubber tap soles. No spikes.

Pair, \$3.50 ★ \$39.00 Doz.

No. 114. Leather uppers; rubber tap soles. No spikes.

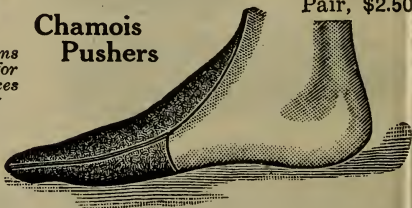
Pair, \$3.00 ★ \$33.00 Doz.

Juvenile Indoor Running Shoes

No. 115. Leather, good quality, without spikes. Sizes 12 to 5, only.

Pair, \$2.50

Chamois Pushers



The prices printed in italics opposite items marked with ★ will be quoted only on orders for one-half dozen pairs or more. Quantity prices NOT allowed on items NOT marked with ★

Cork Athletic Grips



No. 2. Best quality cork, with elastic bands. Pr., 20c.

No. 1. Selected cork, shaped. . . . Pair, 15c.

No. 5. Fine Chamois skin. Should be used with running, walking, jumping and other athletic shoes, especially in long races or during all-around competition. Pair, 25c.

No. L. Specially prepared leather; suitable for use with all athletic shoes. Pair, 25c.

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Spalding Athletic Hammers

No. 16BH. Spalding
"Official Olympic"
Brass Shell Head
16-lb. Hammer (Pat'd
Aug. 20, 1912), includ-
ing ball-bearing
swivel (Pat'd May 15,
1900). Supplied regu-
larly with double
triangle wire grip
(Pat'd Dec. 22, 1914).
Each, \$7.00

No. 12BH. 12-lb. Brass
Shell Head Hammer,
otherwise same as
No. 16BH. Ea., \$6.50



No. 16IHB. 16-lb.
Solid Iron Head Ham-
mer, including ball-
bearing swivel (Pat'd
May 15, 1900); double
triangle wire grip.
Each, \$4.00

No. 12IHB. 12-lb.
Solid Iron Head Ham-
mer, otherwise same
as No. 16IHB.
Each, \$3.50

No. 8IH. 8-lb. Solid
Iron Head Hammer
without ball-bearing
swivel. Double tri-
angle grip. Ea., \$2.50

Extra Handles for Athletic Hammers



No. MG. Single Grip Style (see cut). Used by many prominent
throwers. Supplied separately with wire handle. . Each, \$2.00

No. FH. Double Triangle Grip, complete with iron handle, furn-
ished separately. Each, 75c.

Any regular Spalding Hammer listed above furnished with No. MG grip
instead of double triangle style, on special order, at an extra charge of \$1.25

Leather Case for Athletic Hammers

No. L. Leather Case, to hold either 12 or 16-lb. hammers. . . . Each, \$2.00

Spalding "Official Olympic" Circles

No. 9. 7 Foot Diameter Circle. The shot and
weights are thrown from this size circle. Three
sections, band iron, painted white. Each, \$10.00

No. 19. 8 Foot 2 Inch Diameter Circle. For throw-
ing discus. Three sections, band iron, painted
white. Each, \$10.00



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Spalding Athletic Shot

			No. 16BS. Spalding "Official Olympic" Brass Shell Shot. 16-lb. (Patented August 20, 1912).	Each, \$6.00
			No. 12BS. 12-lb. Brass Shell.	" 5.00
			No. 16IS. 16-lb. Solid Iron.	" 1.75
No. 12IS.	12-lb.	Solid Iron.	"	1.50
No. 24LS.	24-lb.	Solid Lead.	"	6.00
No. 24IS.	24-lb.	Solid Iron.	"	5.00
No. 8IS.	8-lb.	Solid Iron.	"	1.25
No. 5IS.	5-lb.	Solid Iron.	"	1.00
No. 26.	8-lb.	Leather covered.	"	5.00
No. 5.	5-lb.	Leather covered.	"	4.00

Regulation 56-lb. Weight

No. 2. Used and endorsed by all weight throwers. Lead.
Packed in box, guaranteed correct in weight.

Complete, \$15.00

Tambourine

No. 1. Required when throwing 56-lb. weight for height.
Each, \$10.00

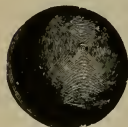


Spalding Indoor Athletic Shot—Rubber Covered

Patented December, 1905

Scientifically made; perfectly round; gives fine grip; has proper resiliency when it comes in contact with floor; wears longer than ordinary leather covered; lead dust will not sift out; always full weight.

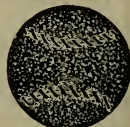
No. P.	16-lb.	Rubber covered.	Each, \$12.00
No. Q.	12-lb.	Rubber covered.	" 10.00



Spalding Indoor Shot—Leather Covered

Method of construction prevents loss of weight even when used constantly.

No. 3.	12-lb.	Leather covered.	Each, \$6.50
No. 4.	16-lb.	Leather covered.	" 7.50



Spalding Athletic Implements are best—First, because we have decided that no trouble or expense will be spared in their manufacture. Second, because we really know how to make them to give best results, and Third, because we have the special skilled workman and the machinery, tools, etc., necessary in the manufacture of special implements of this description.

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The Spalding "Official Olympic" Discus No. 5



Made in accordance with I. A. A. F.,
A. A. U., and Intercollegiate A. A.
A. A. specifications.

This is a duplicate of the original
sample submitted to the I. A. A. F.
Congress at Lyons, France, June 19th,
1914, and which was so favorably
commented upon and unanimously
adopted for use in all future Olympic
games.

No. 5. Spalding "Official Olympic"
Discus, wood center. Each, \$5.00

Spalding Practice All-Steel Discus

Patented March 30, 1915

Same size and shape as the "Official Olympic" style, but made all of steel, which
forbids its use as an official implement. It is recommended for practice and on
account of all-steel construction will give maximum amount of service.

No. 15. Spalding "Practice" Discus, all steel. Each, \$4.00

Spalding "Youths' Official" Discus

Wood center. Official for Junior Discus Competitions.

No. Y. Spalding "Youths' Official" Discus, wood center. Each, \$4.00

Spalding "Official Olympic" Javelin

Made in exact accordance with I. A. A. F., A. A. U., and Intercollegiate A. A. A. A.
specifications.

No. 153. Spalding "Official Olympic" Javelin. Each, \$3.00

SPECIAL NOTE—Specifications in the Official Rules covering Javelin throwing are such
that in complying with them the Javelin is necessarily quite frail; hence, if it is not thrown
with the proper degree of skill it is easily broken and this through no fault of material or
workmanship. We are unable, therefore, to guarantee Javelins against breakage while in
use. We guarantee only against defective material or workmanship, and in 95 cases out
of a 100 where a Javelin shaft is broken we have found it was the result of faulty manip-
ulation or awkwardness on the part of the performer.

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No. 116
VAULTING STANDARD

SPALDING VAULTING AND JUMP STANDARDS

Substantially built and measurements are clearly and correctly marked.

No. 116. Graduated in half inches, adjustable to 13 feet.

Complete, \$15.00

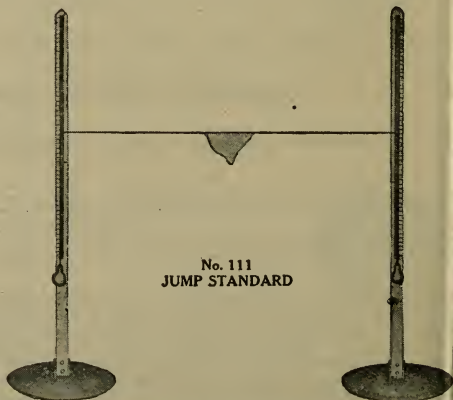
No. 111. Inch graduation, 7 feet high. . . . Complete, \$9.00

Cross Bars

No. 212. Officially correct. Hickory. . . Dozen, \$6.00

No. C. Cord, with Weight Bags at either end, for use on Vaulting Standard. . Each, \$2.00

We supply everything needed to fit out an athletic field in proper shape, in addition to everything needed by officials in charge. Write us about anything required but which is not shown in this catalogue. We are the "official outfitters" for all organized athletic bodies in the United States.



No. 111
JUMP STANDARD

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SPALDING VAULTING POLES

SPECIAL NOTE—It is our endeavor always to supply Athletic Equipment of the very highest quality, and which is at the same time made of the most satisfactory material and in the best possible manner for the purpose intended.

We have discontinued making Spruce Vaulting Poles because we find ourselves unable to recommend their use owing to danger of breakage and possibility of serious injury to user. Bamboo poles we do recommend, having proven to our satisfaction that they are superior for vaulting to poles made of any wood we know of, and, furthermore, if they do break while in use, the danger of personal injury is very remote.

Spalding Shoes for Indoor Jumping, Hurdling and Pole Vaulting are made with inside rubber heel to take up the jar.

Owing to differences in climatic conditions it is impossible to keep Bamboo Vaulting Poles from cracking. These cracks or season checks do not appreciably detract from the merits of the poles, except where they are continuous. Much of the real strength of the pole is in the joints. All of our tests would seem to prove that poles with season checks may be accepted as safe and durable, except where the season check is wide open and extends through several sections on one side. Very frequently such splits or season checks can be entirely closed by placing the pole in a damp place for a day or so.

Spalding Indoor Bamboo Vaulting Poles

Tape wound at short intervals. Thoroughly tested before leaving our factory. Fitted with special spike.

No.		No.	
10BV.	10 ft. Ea., \$4.00	14BV.	14 ft. Ea., \$6.00
12BV.	12 ft. " 5.00	16BV.	16 ft. " 6.00

Spalding Outdoor Bamboo Vaulting Poles

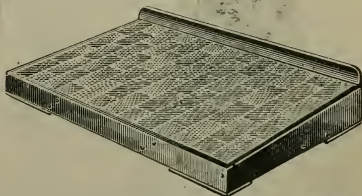
Tape wound at short intervals. Thoroughly tested before leaving factory. Rounded end wound with copper wire and soldered.

No. 100BV.	10 ft. Ea., \$4.00	No. 104BV.	14 ft. Ea., \$6.00
No. 102BV.	12 ft. " 5.00	No. 106BV.	16 ft. " 6.00

INDOOR POLE VAULTING BOARD

No. 117. Made up of sectional blocks of wood placed on end so that spike of vaulting pole will not split them. bound in by heavy wood frame.

Complete, \$16.00



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SPALDING KNIT ATHLETIC SHIRTS



No. 10E

Spalding Sleeveless Shirts

No. 10E. Sleeveless. Best quality worsted. Carried in stock in Gray, White, Navy Blue, Maroon, and Black. Each, \$2.00 ★ \$21.60 Doz.

No. 600. Worsted. Carried in stock in Gray, White, Navy Blue, Maroon, and Black. Each, \$1.50 ★ \$15.00 Doz.

No. 700. Sleeveless. Worsted. Light weight. Carried in stock in Gray, White, Navy Blue, Maroon, and Black. Each, \$1.00 ★ \$10.80 Doz.

No. 6E. Sanitary cotton. Bleached White, Navy Blue, Black, Maroon or Gray. . . . Each, 50c. ★ \$5.40 Doz.

Spalding Quarter Sleeve Shirts

No. 601. Worsted. Carried in stock in Gray, White, Navy Blue, Maroon, Black. Each, \$1.75 ★ \$18.00 Doz.

No. 6F. Sanitary cotton. Bleached White, Navy Blue, Black, Maroon or Gray. Each, 50c. ★ \$5.40 Doz.

Spalding Rowing Shirt

No. YR. Sanitary Cotton. Quarter sleeve. Supplied in White with any color silk binding around neck and sleeves and down front. On special order only.

Each, \$1.25 ★ \$13.50 Doz.



No. 601NV.

No. 601NV. Worsted. Quarter sleeves. V-neck. With stripes around neck and sleeves. Supplied on special orders only, one color body, two colors striping (any colors). Each, \$2.00 ★ \$21.60 Doz. No. 601N. Same as No. 601NV, but round instead of V-neck. Special orders only. . . . Each, \$2.00 ★ \$21.60 Doz.

STOCK SIZES;
26 to 46 inch chest.



No. 600S.

Spalding Sleeveless Shirts

No. 600S. Worsted, with 6-inch stripe around chest, carried in stock in following combinations of colors: Navy with White stripe, Black with Orange stripe, Maroon with White stripe, Black with Red stripe, Gray with Cardinal stripe. Each, \$1.75 ★ \$18.00 Doz.

No. 700S. Worsted, light weight. Six inch stripe around chest. Color combinations similar to No. 600S. Special order only.

Each, \$1.25 ★ \$13.50 Doz.

No. 6ES. Sanitary cotton, solid color body, with 6-inch stripe around chest, in same combinations of colors as No. 600S. Each, 75c. ★ \$8.10 Doz.

Woven Necklace on Shirts

Nos. 600, 601 or 600S Shirts, on special orders only, with necklace stitched on of different color to body of shirt, for an extra charge of \$1.00 per garment.



No. 600V.

No. 600V. Worsted. Sleeveless. V-neck. Supplied on special orders only, any color. . . . Each, \$1.50 ★ \$15.00 Doz. No. 600NV. Same as No. 600V, but any two colors striping around neck. Special orders only. Each, \$1.75 ★ \$18.00 Doz. No. 600N. Same as No. 600NV, but round instead of V-neck. Special orders only. . . . Each, \$1.75 ★ \$18.00 Doz.]

SPECIAL ORDERS

All shirts listed on this page we furnish in any colors on special order, at no extra charge. No more than two colors in any striped garment.



No. 600D.

Spalding Shirts, with Sash

No. 600D. Worsted, sleeveless, with woven sash of any color. Not carried in stock. . . . Each, \$2.00 ★ \$21.60 Doz.

No. 6WD. Sanitary cotton, sleeveless with woven sash. Same combination of colors as No. 600S. Not carried in stock. . . . Each, \$1.25 ★ \$13.50 Doz.

No. 6ED. Sanitary cotton, sleeveless solid color body, with sash stitched on. Same combinations of colors as No. 600S. . . . Each, 75c. ★ \$8.10 Doz.

Spalding Full Sleeve Shirts

No. 602. Good quality worsted. Solid colors. Special order only. Not carried in stock. . . . Each, \$2.25 ★ \$24.00 Doz.

No. 3D. Cotton. Flesh, White, Black. Each, \$1.00 ★ \$10.80 Doz.



No. 11L

Spalding Leotards

For Gymnasium Use, Wrestling, etc.

No. 11L. Combining athletic shirt and trunks. Best quality worsted. Any color. Supplied on special order only. Each, \$5.00.

No. 10L. Good quality worsted. Any color. Supplied on special order only. Each, \$4.00.

No. 12L. Worsted. Supplied on special orders only in any color. Ea., \$3.00.

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one-half dozen or more at one time.

PRICES SUBJECT TO CHANGE WITHOUT NOTICE.

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

ACCEPT NO
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES
QUALITY

SPALDING TIGHTS, TRUNKS AND WRESTLING EQUIPMENT

Spalding Knee Tights



No. 10B

No. 10B. Best quality worsted. Stock colors: Gray, White, Navy Blue, Maroon, Black.

Pair, \$2.00
★ \$21.60 Doz.

No. 604. Good quality worsted. Stock colors: Gray, White, Navy Blue, Maroon, and Black.

Pair, \$1.50
★ \$15.00 Doz.

No. 4B. Sanitary cotton. Bleached White, Navy Blue, Black, Maroon or Gray.

Pair, 50c. ★ \$5.40 Doz.

Spalding Full Length Tights

No. 1A. Best worsted, full fashioned. Stock colors: Black, Navy, Maroon. Other colors on special order at no extra charge. Sizes: 28 to 42 inch waist. Pair, \$5.00

No. WA. Special wrestling full tights. Specially reinforced. Supplied on special order only. Pair, \$6.00

No. 605. Good quality worsted. Stock colors: Gray, White, Navy, Maroon, Black. Other colors on special order at no extra charge. Sizes: 28 to 42 inch waist. Pair, \$3.00

No. 3A. Cotton, full quality. White, Black, and Flesh. Pair, \$1.00 ★ \$10.80 Doz.



No. 1A

Spalding Y. M. C. A. Trousers

No. 2. Men's Leaders. Blue or Gray flannel, stripe down side. Pair, \$3.50

No. 3. Flannel, of good quality " 3.00

No. 4. Flannel. Pair, \$1.75 ★ \$18.90 Doz



Spalding Special Combined Wrestling Supporter and Belt

No. WS. Mercerized silk elastic, strong and durable. Each, \$2.00



No. WS

Spalding Special Pads for Wrestling

To be Sewn on Wrestling Tights

No. B. Solt tanned horse hide cover, hair felt padding. Pair, 75c.

No. 62. Tan leather, padded. " 50c.

No. 61. Cloth covered, padded. " 25c.



No. B



Nos. 61 and 62

Spalding Running Pants—Fly Front, Laced Back

Specify Size and Color When Ordering

No. 1. White or Black Sateen. Pair, \$1.25 ★ \$13.50 Doz.

No. 2. White or Black Sateen. " 1.00 ★ 10.80 "

No. 3. White or Black Sateen. " .75 ★ 8.10 "

No. 4. White, Black or Gray Twill. " .50 ★ 5.40 "

No. 44. Same quality as No. 4, but in juvenile sizes only, not over 26 inch waist. Pair, 45c.

Silk Ribbon Stripes down sides of any of these running pants. Pair, extra, 25c. ★ \$2.70 Doz

Silk Ribbon Stripe around waist on any of these running pants. Pair, extra, 25c. ★ \$2.70 Doz.



No. 1 Running Pants

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one-half dozen or more at one time. Quantity prices NOT allowed on items NOT marked with ★

PROMPT ATTENTION GIVEN TO
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A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect July 5, 1915 Subject to change without notice. For Canadian prices see special Canadian Catalogue.

Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that 16 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

"The Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair and legitimate profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

"The Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

First.—The user is assured of genuine Official Standard Athletic Goods.

Second.—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This briefly, is "The Spalding Policy," which has already been in successful operation for the past 16 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By *A. G. Spalding.*
PRESIDENT.

Standard Quality

An article that is universally given the appellation "Standard" is thereby conceded to be the criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is guaranteed by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for thirty-nine years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the Guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis of a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.

A. G. Spalding & Bros

SPALDING'S

ATHLETIC LIBRARY

A separate book covers every Athletic Sport
and is Official and Standard
Price 10 cents each

GRAND PRIZE



GRAND PRIZE



ST. LOUIS, 1904

PARIS, 1900

SPALDING

ATHLETIC GOODS

ARE THE STANDARD OF THE WORLD

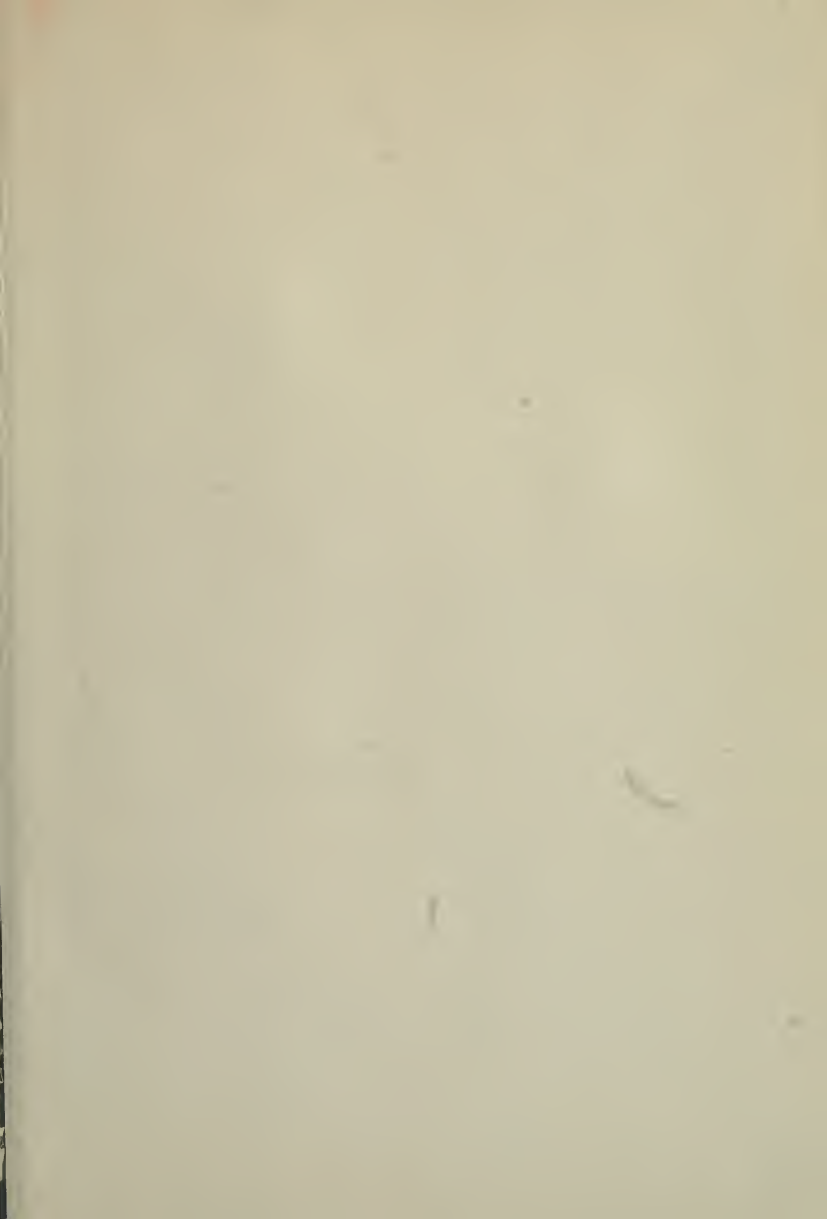
A. G. SPALDING & BROS.

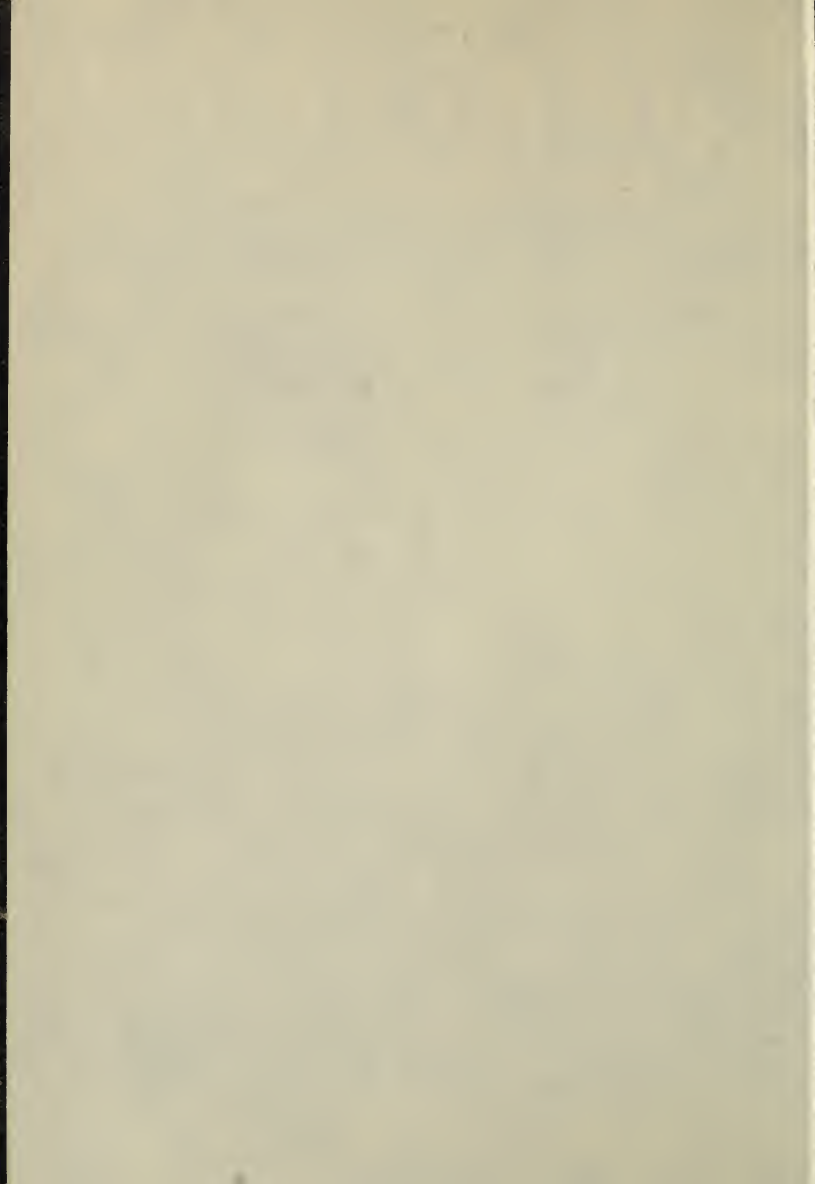
MAINTAIN WHOLESALE and RETAIL STORES in the FOLLOWING CITIES

NEW YORK	CHICAGO	ST. LOUIS
BOSTON	MILWAUKEE	KANSAS CITY
PHILADELPHIA	DETROIT	SAN FRANCISCO
NEWARK	CINCINNATI	LOS ANGELES
ALBANY	CLEVELAND	SEATTLE
BUFFALO	COLUMBUS	SALT LAKE CITY
SYRACUSE	ROCHESTER	INDIANAPOLIS
BALTIMORE	WASHINGTON	PITTSBURGH
LONDON, ENGLAND	ATLANTA	ST. PAUL
LIVERPOOL, ENGLAND	LOUISVILLE	DENVER
BIRMINGHAM, ENGLAND	NEW ORLEANS	DALLAS
MANCHESTER, ENGLAND	MONTREAL, CANADA	
BRISTOL, ENGLAND	TORONTO, CANADA	
EDINBURGH, SCOTLAND	PARIS, FRANCE	
GLASGOW, SCOTLAND	SYDNEY, AUSTRALIA	

Factories owned and operated by A. G. Spalding & Bros. and where all of Spalding's Trade-Marked Athletic Goods are made are located in the following cities:

NEW YORK	CHICAGO	SAN FRANCISCO	CHICOPEE, MASS.
BROOKLYN	BOSTON	PHILADELPHIA	LONDON, ENG.





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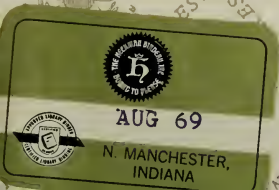
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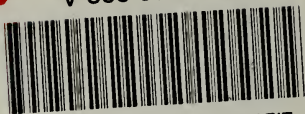
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